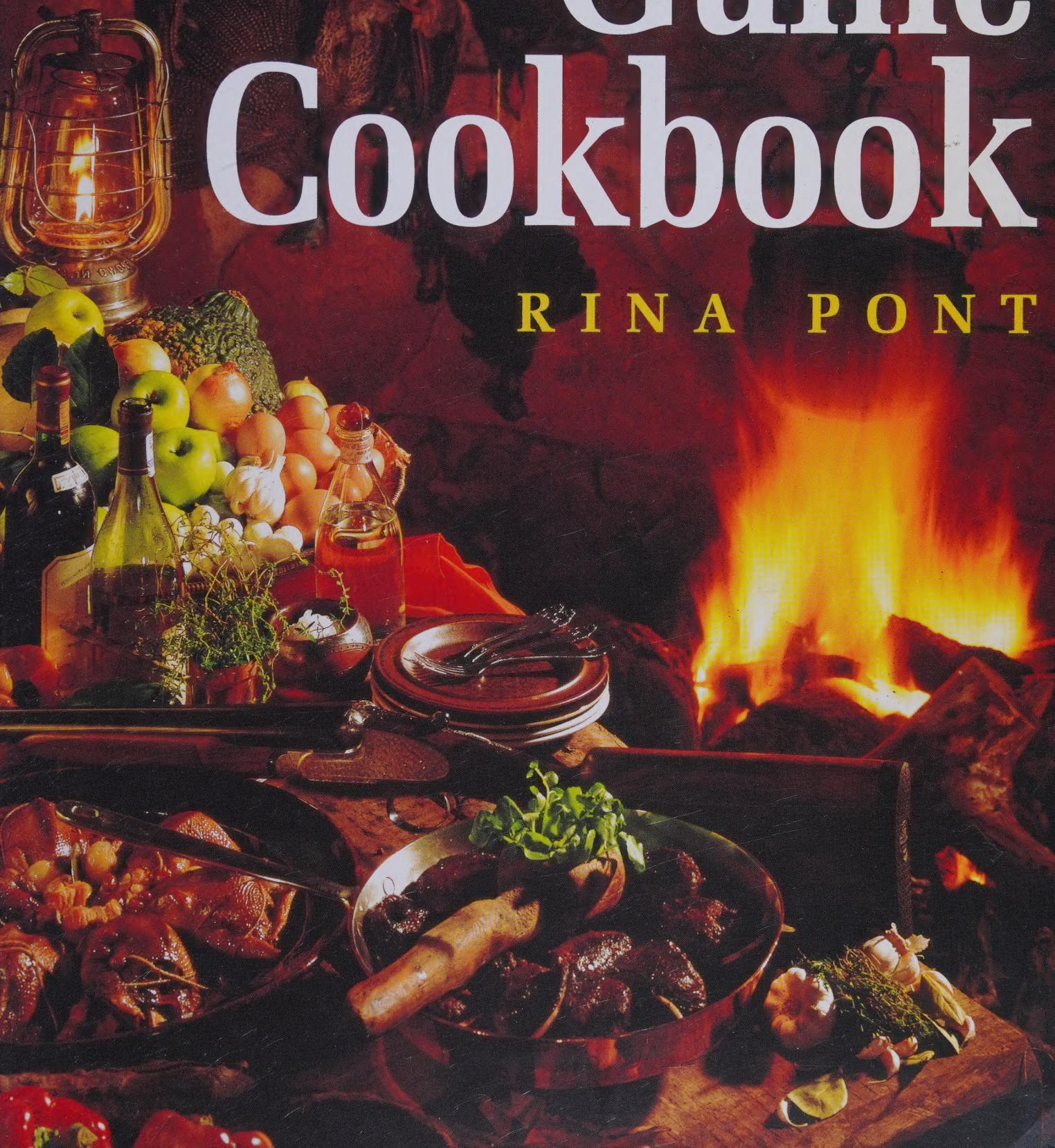


SOUTH AFRICAN

Game Cookbook

RINA PONT





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South African Game Cookbook





South African Game Cookbook

Rina Pont

Photography by Paul Gordon



Human & Rousseau
Cape Town Johannesburg



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I would like to express my thanks and appreciation to the many friends who unhesitatingly shared both their knowledge and their recipes with me and helped me in so many ways:

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Cover photograph: wood pigeon with *croûtes* (left, p. 44)

and witblits venison steaks (right, p. 39)

Photograph on p. i: kudu *blanquette* (p. 66)

served with *croûtes*, crisp vegetables in season

and bacon rolls (p. 106)

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Foreword

Opportunities to hunt are unfortunately becoming both rarer and more expensive, and South Africans can no longer enjoy this aspect of nature as freely as before. Small wonder, then, that the average person seldom has the chance to enjoy a meal of venison or game, or that game biltong has become so rare.

That's why Rina Pont's game recipes are so stimulating, so indispensable. Her book will fill a gap, making it possible for those who have forgotten the joys of roast venison, or who have never known them, to try game cookery again.

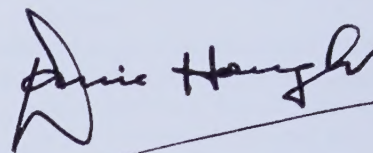
This book was a voyage of discovery. It's clear that Rina is not only an expert in the field of game cookery, but is also

able to convey her knowledge informatively, interestingly and logically. She is not writing for the novice only – even more experienced cooks will benefit from the many recipes and hints.

I believe that, like me, the average reader will discover ideas to make braais and steaming cups of “boeretrees” even better. Rina Pont's star recipes allow us to experiment with game recipes that will make of a pleasant evening around the campfire a truly unforgettable experience. Her recipes will really come into their own at a formal dinner, gracing the tables at many a splendid social occasion.

My congratulations and my thanks to

Rina Pont – congratulations because with the publication of this book, she has realised a long-cherished ideal, and my thanks because she is willing to share her knowledge with her readers.



DANIE HOUGH

ADMINISTRATOR OF THE TRANSVAAL
AUGUST 1990

Introduction

Now take your weapons, your quiver and bow;
go out into the country and hunt me some game.

GENESIS 27:3

The most famous chef of the twentieth century, Fernand Point, once said, "It behoved the good Lord to provide us with so many wonderful and delicious things to eat. The least we can do is to prepare food well and serve it with ceremony."

One cannot help recalling these words when observing graceful, dignified animals and unbelievably colourful birds in the wild. Since the Middle Ages the preparation of game, and especially the presentation of game birds, has offered a challenge to chefs. Exotic methods were sometimes devised, such as covering the prepared bird with gold leaf or reapplying the original plumage. A roast of this kind was, of course, the *pièce de résistance* at any large banquet.

Through the centuries, painters, poets and novelists, fascinated by the romance and vigour of hunting, have used it as a theme for their art.

Early man had to hunt to survive, and consumed meat as it was caught. Only after the discovery of fire did he begin to experiment with the cooking of his meat.

Hunting also helped to socialise man. At first meat was divided among family members after a hunt, but gradually it became the custom to share the kill with friends as well. The most primitive surviving hunters, the San (Bushmen), celebrated the kill after their return from a hunt and the whole tribe feasted on the meat. Much later, when travellers were no longer regarded as a threat, they were also invited to join in the feast. As their hunger was stilled, they became more talkative: negotiations got off the ground, adventure stories were exchanged and often, by the end of the meal deals had been clinched. Watch carefully next time you're at a social gathering: the conversation only really starts to flow after the main course.

When Jan van Riebeeck arrived at the Cape he found an unspoilt game paradise. The early settlers did not take advantage of it at first because they lacked hunting skills. In Europe, at that stage, it was the prerogative of the nobility to hunt and very few of the settlers had any previous hunting experience. As they obtained weapons and gradually mastered the art of hunting, however, venison started to appear on their tables. Ships calling at the Cape of Good Hope were also regularly provisioned with venison. In the interior, game became an important source of meat for farmers, trekkers and the black population. Today we are only too aware of the consequences of unrestricted game hunting, and much attention is being given to the conservation of our natural resources.

In *Five years of a Hunter's Life in the Far Interior of South Africa* (1850) R.G.G. Cummings describes how abundant game was in South Africa in the nineteenth century. One morning, while in the Colesberg district, he awoke to the grunting of a large herd of game close by. To his great surprise he saw the ground north of his camp covered with a dense living mass of springbok, marching slowly and steadily along, extending over an area of many miles. Discussing the phenomenon later with a farmer, he was told about the time when springbok, in close formation like sheep, passed over the plains near the present Beervlei Dam. So vast was the herd that it took the buck three days to pass.

Classification of game

The term "game" is fairly comprehensive, and in South Africa is usually further divided into big and small game,

and game birds. In overseas recipe books a distinction is made between venison, meaning "the flesh of the deer" but including all types of buck, as well as furred game (rabbits, etc.) and game birds.

Buffalo, nyala, zebra, kudu, gemsbok, hartebeest, wildebeest and eland are regarded as big game in South Africa, and the common duiker, steenbok, springbok, impala, ribbok, bosbok and blesbok as small game.

Wild boars, such as bushpig and wart-hog, are also regarded as game.

Hares and rabbits form another important group. The mountain rabbit is larger and tastier than the one found on grassy plains. Commercially bred rabbits (freely available at butchers) can successfully replace hare in the recipes given here.

Among game birds we have, for example, the wood pigeon, pigeon, quail, partridge, guinea fowl, wild duck, spur-winged goose, Egyptian goose, ostrich and kori bustard. Many people do not favour kori bustard meat because these birds also feed on insects, snakes and small animals.

Big and small game

Hunting big and small game

The most important decision a hunter has to make is whether he is hunting to make biltong or wors, or for the pot.

A biltong hunter can, in fact, shoot any game. However, as hunters usually pay per head, and size does not deter-

mine the price, a small young buck would be uneconomical. Does are usually cheaper than buck, which means that a five- or six-month-old buck costs more than an adult doe. Game animals attain eighty percent of their mature mass at six months. For a roast (which is cooked the same way as other red-meat roasts), the animal should be *young* (between five and six months old). This does not apply to meat to be stewed, braised or pot roasted. *No marinade is necessary for young game.* In fact, marinating will ruin the delicate taste! Ripen young game well and, if desired, brush with plain or savoury butter to lard it. The meat of an adult doe is usually more succulent than that of a buck of the same age.

On a hunting trip, an inexperienced hunter should be guided by a professional hunter or tracker to help identify the game. The easiest way to identify a young buck is by the length of its horns and, obviously, by its size. Experienced hunters take pride in the fact that they are able to judge the exact length of the horns from far away. An inexperienced biltong hunter should avoid shooting adult big-game bulls if trophy-sized animals command an extra price, even

when the tracker assures him that it is not trophy size! Game farming is a commercial undertaking and should one accidentally shoot a Rowland Ward trophy bull or buck, one would have to pay dearly. On all game farms a wounded buck (even if you cannot track it down) is considered shot. Some game farmers take every shot into account when calculating your bill, even if you miss the target.

For an inexperienced hunter, the best place to shoot a buck is just behind the shoulder; this will kill the animal. Try to avoid belly shots, as the buck is sure to get away and will have to be left behind as wounded game. A friendly hint which many experienced hunters will share with you is: a farmer's most expensive animal is the Brahman bull in his camp. Make absolutely sure that you know what you are aiming at before you pull the trigger!

If you are experienced, or if you are shooting for the market, only head or neck shots are acceptable. A hunter who wishes to mount a trophy of the head and neck should aim for the shoulder, so that the "mask" (this includes the skin of the head and the neck, down to behind the shoulder) is kept intact.

(Remember, in this case the buck's throat should not be slit.) When caping the animal, remember that the skin around the eyes and ears is thin, adheres to the skull and contains virtually no fat. For this reason it must be removed very carefully. Someone experienced in skinning will be of great assistance in this regard. A final hint to the hunter: if you have shot trophy game and wish to keep it as a memento, remove the "mask" or skin as soon as possible.

Handling big and small game shot in the bush

Slit the throat and hang the animal in the shade, by its hind legs, to drain the blood. The meat will have a much lighter colour and not spoil as rapidly.

Many an inexperienced hunter has discovered that it is difficult to find a carefully demarcated place in the bush a few hours later. Tie a handkerchief to a tree or bush for identification. It is also customary to leave clothing near the buck; the human smell will drive away predators.

If the skin is to be retained as a trophy, the buck should be handled very carefully. If the area cannot be reached by motor vehicle, or if the buck is too heavy to carry, big game can be slaughtered and even cut up in the veld. (A kudu bull's neck and horns alone are extremely heavy.) After its internal organs have been removed, a buck will be considerably lighter. Big game can, of course, be tied to a strong pole by the legs and carried to the vehicle. These days, vehicles are equipped with pulleys to facilitate the handling of game in the veld.

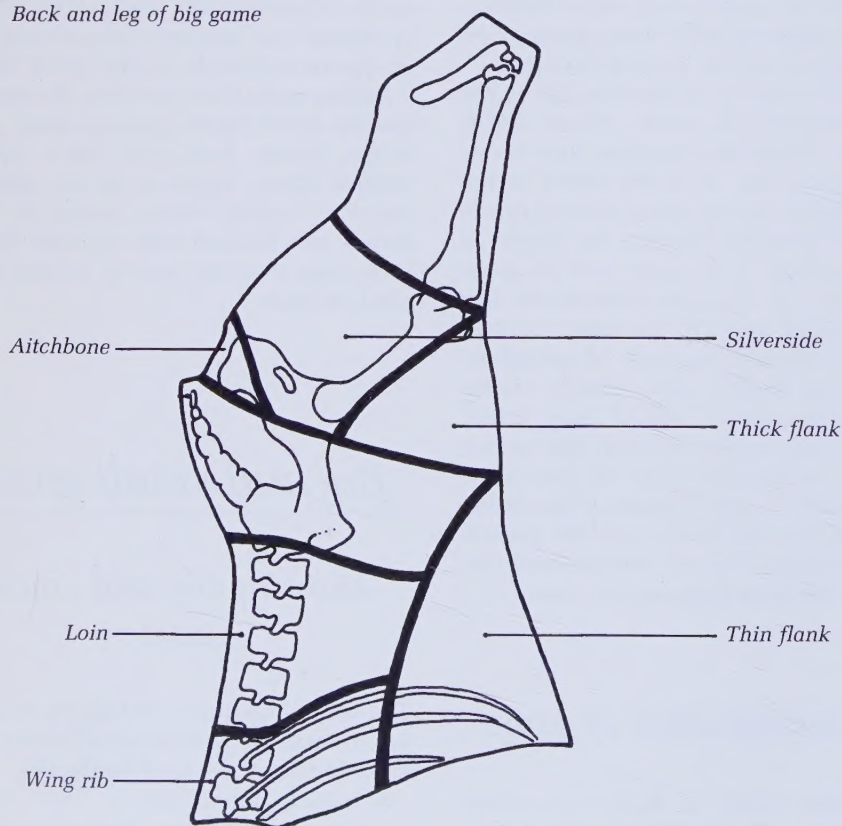
Place trophy game on top of grass, twigs or something similar in a vehicle to prevent the meat and skin from bruising while being transported.

I recommend weekend or biltong hunters to leave a buck hanging in a cool, dry and airy place overnight or for fourteen hours before transporting it. The wind-dried layer that forms on the meat retards spoiling.

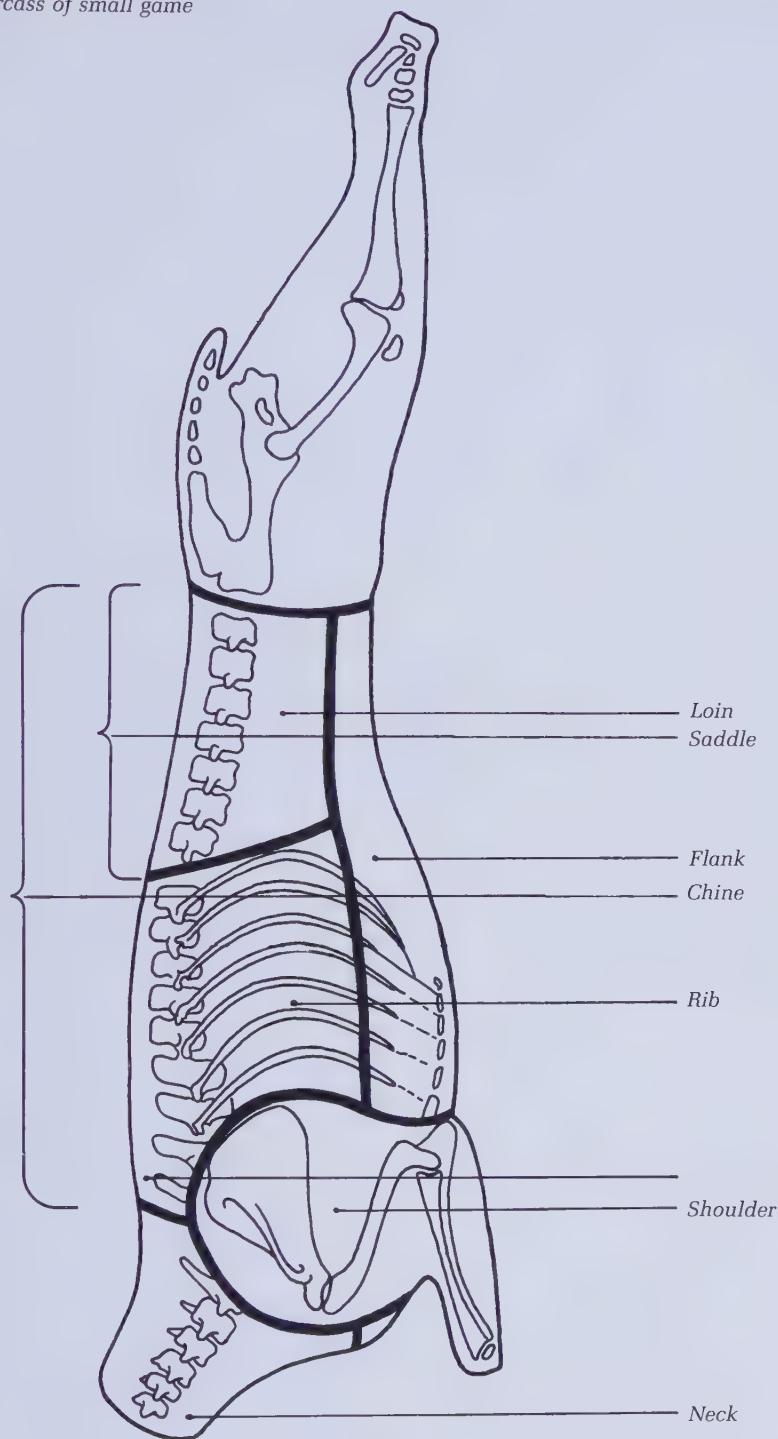
Gutting game

On arrival at the camp, hang the buck by its hind legs and remove all the entrails.

Back and leg of big game



Carcass of small game



same time, remove the tongue. Place the offal in a refrigerator or freezer as soon as possible.

Maturing big and small game

Enzymes in meat cause a chemical reaction in which lactic acid develops, tenderising the fibres and improving the taste.

Traditionally game is matured with the skin to prevent its drying out. There is a membrane between the skin and the meat which, in blesbok and waterbuck for example, contributes to the exceptionally strong flavour of this kind of game. If such game is matured with the skin intact, the flavour is absorbed by the skin.

Overseas recipe books and magazines often state that game should preferably be hung in a cool place for several weeks to mature. Remember, however, that there is a vast difference between the winter temperatures of South Africa and Europe. The ideal temperature at which game should be matured is 4 °C – which is not unusual for a European winter! In our country I would recommend that game be hung for ten to seventeen days in a cooling room where the temperature is kept constant at between 3 and 5 °C. This applies to the Bushveld in particular, where the days are hot and the nights seldom cool down to freezing point. In other areas, where the temperature is low during the day and drops to or below freezing point at night, game can be hung in a cool or shady place where there are no flies.

Label each buck before hanging it in the shade or in a cooling room.

The location, temperature, humidity, size and kind of game are all factors that affect the maturing process.

Jointing and freezing venison

Where refrigeration facilities are not available, cut the slaughtered carcass into large sections such as leg, shoulders, chine ("rugstring") or loin (two fillets along the back ribs), neck and shank. Cut out the parts damaged by the bullet.

Clear the refrigerator and place the sections of meat directly on the shelves,

Remove the liver and immediately afterwards the gall bladder. If the gall bladder is damaged during this process it will impart a bitter taste to the meat where it comes into contact with it. Remove the large intestine of big game such as kudu, gemsbok and eland, and rinse repeatedly before preparing a *puff-adder* (p. 40). Rinse the abdominal cavity thoroughly with cold water after the

organs have been removed.

If the *brains* are to be used, remove them as quickly as possible by opening the skull as follows: Remove the skin from the head and then remove the top of the skull by sawing the sides from earhole to orbit, in front from orbit to orbit and then at the back from earhole to earhole. Remove the cut bone and it is easy to prise out the brain. At the

slightly apart and away from the sides of the refrigerator, or it may spoil. Do not pack the meat on plates or trays, as the liquid that collects in the bottom of the plate has an unpleasant smell and will adversely affect the quality of the meat. Air must circulate freely around the meat.

After maturation, pack the meat in sturdy plastic bags, remove as much air as possible from the bags, seal and label them and then place in the freezer. Venison can be kept frozen for up to six months and game birds for up to nine months. Before cooking, cut out any burn marks, which tend to develop, especially on lean meat, after a long freezing period.

Handling hare or rabbit

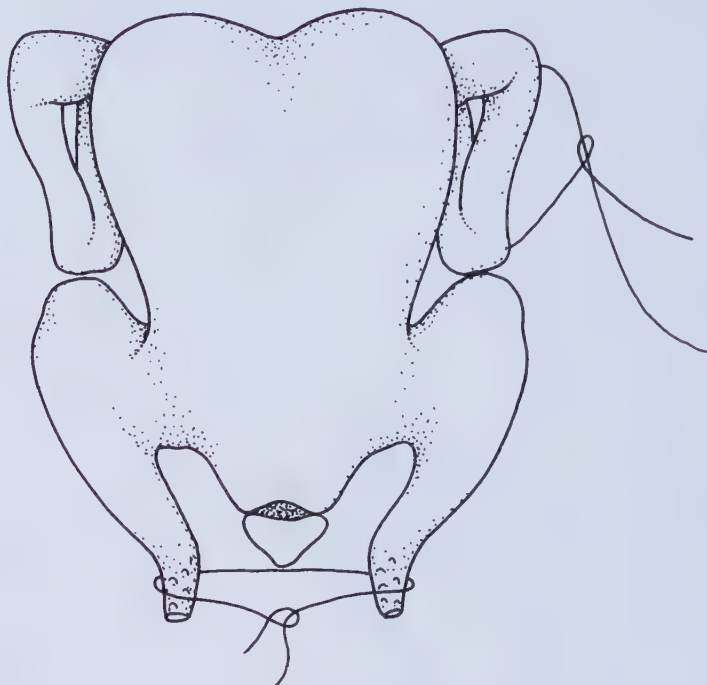
When hare and rabbit have been shot, gut them on the spot. Hang them by the hind legs, with skin on, for two or three days to mature in conditions as described for small and big game. Place a plastic bowl under the head to collect the blood. Fresh blood, mixed with a little vinegar, can be kept in the refrigerator. Mix with cream to thicken the gravy when required. Note that the gravy should not be brought to the boil again after you have gradually added the blood and cream.

Store the liver and kidneys in the refrigerator until required. Marinate hare and rabbit in red or white wine, or in lemon juice and olive oil to which you have added juniper berries, four-spice mixture (p. 14) and fresh or dried herbs. Rabbit meat is solid and firm and contains the lowest percentage of cholesterol of all meat. For this reason, it is ideal for an interesting dish with a tasty, rich sauce.

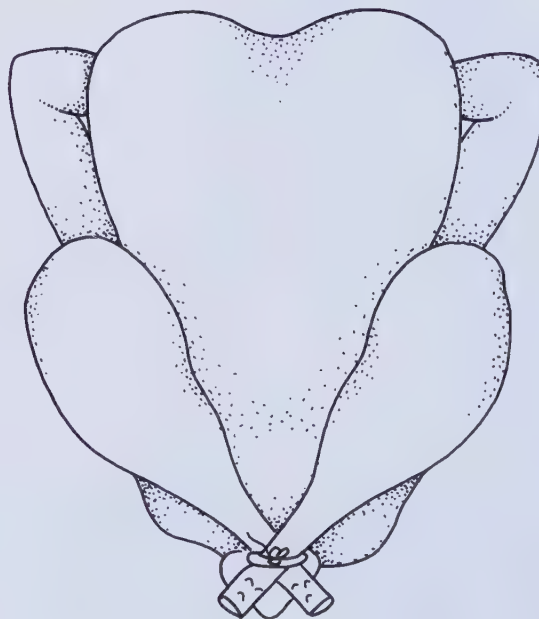
Skinning hare or rabbit

The first incision is made around the hind feet, just above the ankles, and then a cut along the inside of the legs to the tail. Make a transverse incision below the tail, from one leg to the other. Pull the skin back towards the shoulders. Repeat these incisions on the fore-legs and pull the skin off, right to the ears. Cut the ears off at the base and loosen the skin around the eyes and snout. Pull the skin off completely.

Trussing game birds



1. Fold back the wings.
2. Insert a trussing needle catching drumstick and elbow of wing.
3. Pass through to other side.
4. Insert needle into wing from the top.
5. Pass through to emerge at 5. Tie a bow in string.
6. Tie knuckles around pope's nose.



Jointing hare or rabbit

Remove the hind and forelegs. Cut the saddle into two or three pieces and leave the breast whole. The saddle of a young hare or rabbit is delicious roasted; the rest of the meat can be used for casseroles or pâté. If you want to stuff hare or rabbit, remove the ribs beforehand to facilitate carving.

Game birds

Hunting game birds

It is almost impossible to determine the age of game birds beforehand. Consequently, you will only be able to decide what a bird is suitable for after you have shot it; for example, older birds for casseroles, pies or pâté, and young birds for roasts.

Characteristics of young game birds

- The beak is tender and pliant.
- A guinea fowl's comb is still underdeveloped and soft.
- The legs are smooth and the scales are not rough.
- The feet are pliable and the spurs are round, not long or sharp.
- The first wing feather is sharp, not rounded.

From the second season onwards the above characteristics will change rapidly. I have found that big and small game, or game birds, are particularly suitable for roasting in their first season. If you are uncertain about the age of a bird, or if it is peppered with shot marks, treat it as you would an old or tough bird. In game birds, the hen's meat is more succulent, tender and tastier than the cock's – remember this if you have a choice! This important advantage makes up for the beautiful colour and plumage the male bird boasts!

One roasted young bird is usually sufficient for two people, and a braised bird, with accompaniments, will be sufficient for three to four people. These

days game birds like wild duck, quail, and English pheasant are bred on farms. In some cases, especially in the case of improved guinea fowl, the meat is lighter in colour. It has a delicate game flavour, is more succulent and not as tough as an adult guinea fowl that has had to walk or fly long distances in search of food.

It is wonderful that we now breed game birds, because it means the meat is accessible to everybody, but we do seem to have lost the mystery and romance of the hunt . . . and a great tradition as a result. That pellet of shot, so unexpectedly bitten on during a meal, probably evokes more pleasure than eating the tenderest of meat – which must, indeed, have lost some of its flavour as a result of refining.

Gutting game birds

Make a vertical slit at the top of the breast bone. Carefully insert your finger through the opening, as deeply as possible into the neck cavity, to dislodge the windpipe, gizzard and crop. Pull these out and discard everything except the crop. Empty the crop and pull off the strong membrane (lining), or scrape it off under cold running water. Using one or two fingers, extract the remaining innards – heart, lungs, kidneys and liver, with the gall bladder, through the *cloaca*. The secret of succulently roasted game birds is that this opening is as small as possible! Alternatively, make an incision around the cloaca and remove the organs and innards. Be very careful not to tear the gall bladder (the small black-green sac attached to the base of the liver) as this can give the meat a very bitter taste. Also make sure that the lungs and kidneys are removed completely, as these organs decompose first as a result of bleeding and will spoil the taste if any is left behind. The insides of birds seldom escape being damaged by pellets, so they must be cleaned carefully. Feathers also sometimes penetrate the meat when the bird is shot and this can cause a rancid taste if they are not removed.

Use the neck, crop and heart to make stock. Sauté the liver, slice it and add it to the sauce or gravy, or process it to make pâté.

Maturing game birds

Before maturing (or ripening), rinse game birds (only the insides) carefully under cold water, then drain and dry.

Hang birds by the neck, for at least seven to ten days, in a cool or shady place where the temperature drops to below freezing point at night, or for fourteen days in a cooling room as described for other game (p. 9). In the Bushveld, where the temperature is higher during the day and night, two days will be sufficient. (Incidentally, farm-bred game birds do not have to be matured.) The cooler the weather, the longer you can hang game to mature. Label birds and hang them slightly apart, so that they do not touch each other. Birds that have fallen in the water, or that have been badly damaged, should preferably be hung separately. The rule for venison also applies to game birds; that is, they should not touch one another, or the sides of the refrigerator, during the maturing process. Cut off the heads of game birds just before cooking, so that they can be easily identified before and during maturing.

Plucking game birds

This task was often depicted by great artists in centuries past.

Work in a draught-free room or outdoors, on a windless day. Sit on a chair or bench with a large cloth or bag over your knees and a bowl or oval-shaped bath at your feet to collect the feathers. Pluck the breast feathers against the "lie" of the feathers, keeping your thumb and finger as close to the skin as possible. Hold the skin as tightly as possible with your other fingers, at the place where you are about to pluck, to prevent the skin's tearing. Now pluck the legs, thighs, sides and back. Pluck the wings first on the inside to the first joint (which you will cut off later) and then the outside, followed by the neck and tail feathers. Be particularly careful with pheasants, as their skin tears easily. Ducks, geese and pigeons are easier to pluck because their skin is tougher. Scorch the plucked bird over a flame.

In South Africa it is customary to remove the skin and the feathers of most game birds, with the exception of partridges that have a good layer of fat under the skin.

The feet of larger game birds such as pheasant, guinea fowl, ducks and geese are cut off in front, at the base of each drumstick. Snip the tendon with a pair of cutters and then, using a sharp knife, cut from the front through the joint below the drumstick and pull out the foot and tendons. Carefully remove the membrane on the sides of the legs. Although this method makes the meat less tough, it is not always followed.

Cut off the head and make an incision through the skin at the back of the neck. Loosen the skin with your fingers and cut off the neck at the base. Retain the neck skin to fold back later.

Turn the bird onto its breast and cut out the oil sacs in the tail. Before roasting a game bird, it is best to truss it with string and a trussing needle to make sure it keeps its shape during cooking. In the bush or veld, tie it with string or leave out this step if the equipment needed is not at hand.

Hint

For soup, use game birds that have been damaged, are peppered with shot, or that have been roughly treated by the hunting dogs.

Lists for the hunter

Armed with the following lists, compiled for his pleasure and convenience, the hunter can confidently set off to the Karoo or the Bushveld, the Far North or even Timbuktu! It will not be the end of the world, however, if something is forgotten – the lists are merely a guideline for quick checking. Adjust the lists to fit your circumstances and to meet your requirements.

Basic equipment

absorbent kitchen paper and dishcloths
aluminium foil
anti-snakebite serum (optional)
biltong containers (p. 21)
biltong hooks
braai equipment with meat tongs
cast-iron pots and kettle
clothes, towel and toiletries
colander or sieve (optional)
cooking equipment

corkscrew and tin opener
crockery and glasses (optional)
first-aid kit
folding table and chairs (optional)
garbage bags
hunting gear
identity document with weapon and hunting licences
knives, axe and saw
matches
measuring jug, mixing bowl or measuring spoons (optional)
menus (optional)
oven mittens and/or hook for pot lids
paper serviettes
plastic bags
pot scourer and steel wool
sail cloth and rope (optional)
sleeping gear
spade (optional)
steel to sharpen knives
table cloth (optional)
torch and/or gas lamp
washing-up equipment and soap (optional)
wire and pliers (optional)
wooden or acrylic cutting board

Basic ingredients

bayleaves
biltong spices (p. 21) (optional)
black peppercorns (and mill)
butter
cake flour and/or self-raising flour
four-spice mixture (p. 14) (optional)
garlic
herbs, dried
ice cubes in cool boxes
ice in container and water container (optional)
ingredients for planned menus
mealie meal
milk, coffee, tea and sugar
mustard, prepared (optional)
oranges and lemons
parsley, fresh or dried
salt
seasoning vegetables: onions, carrots and celery
shallots
spices
stock cubes (chicken or beef)
sunflower or olive oil (and pastry brush)
thyme, fresh (optional)
tomatoes, fresh or canned
vinegar
wine and beer to enhance the pleasure of the food
wine or other liquid for marinades (p. 18) and planned recipes

General hints

- Plan the meals for the hunting trip at home and compile a list of ingredients needed. Adjustments can easily be made according to the game shot – or not shot! For instance, take chicken along if you plan a guinea fowl dish – at least there will be something good to eat if the hunt is not very successful!
- A portable toolbox can come in very handy for carrying spices, herbs, knives and other important items.
- Compile the list according to your requirements, write it on a piece of cardboard and paste it onto a cupboard where you can easily check it, or file it with other important documents.

Herbs, spices and flavourings

Keep the following spices, herbs and flavourings at hand during the hunting season:

Herbs and spices

allspice
bayleaves
black peppercorns
cinnamon, ground
cloves, whole or ground
coriander seed, dried
curry powder
four-spice mixture (p. 14)
ginger, ground
juniper berries (p. 109)
marjoram, dried
mixed spices
nutmeg, whole or ground
oregano, dried
paprika
cayenne pepper
rosemary, dried
salt
sage, dried
thyme, dried
Worcester sauce

Top from left to right: *caul fat*, *piece of speck with rind*, *guinea fowl*, Centre from left to right: *barded pheasant*, “*muise*” (p. 24) in *caul fat*, Bottom from left to right: *larded chine with frenched rib bones*, *speck strips and lardons*, *trussing needle and string*, *larded leg of venison*, Foreground: *larding needle and lardon*



Flavourings

apricot jam, smooth
brown gravy powder
brown sugar
capers
chutney
cognac or brandy
currants
dried fruit
dry white and red wine
marula jelly
mustard, prepared
olive oil
port
prunes
quince and apple jelly
raisins and sultanas
redcurrant jelly
sunflower oil
stock cubes
(chicken and beef)
wine vinegar
Worcester sauce

Vegetables

carrots
celery
chillies
garlic
lemons
onions and shallots
oranges

In the fridge

back bacon and speck
bread
butter
cream and sour cream
eggs
herbs (fresh)

More and more South African men, I'm pleased to see, are becoming interested in the culinary art, and they are not at all conventional! In fact, they rather like using a "secret" ingredient, sauce or herb in their recipes . . . it makes them feel that they belong to a coterie of cooking professionals.

Take the *four-spice mixture* with you on every hunting trip, or use it at home when you make pâté, or a venison, game bird or liver dish. The best part is that you can prepare it yourself.

Four-spice mixture

It's better to prepare a small quantity of the mixture, as indicated, because the flavour dissipates after a few months. Store the mixture in small, airtight containers or old spice bottles and label as follows:

Four-spice mixture or Mike's Magic, Winter 1991.

In an emergency, a pinch of each of the spices can be added instead of the mixture.

60 ml (4 T) white pepper
5 ml (1 t) ground cloves
15 ml (1 T) ground ginger
15 ml (1 T) nutmeg, freshly grated

Garam masala

Make your own mixture. Buy the ingredients at speciality stores such as the Indian market in Durban, the Eastern market in Bree Street, Johannesburg or the Atlas Trading Company in Cape Town.

15 g whole cloves
25 g cumin seed
25 g coriander seed
30 g black peppercorns
30 g cardamom seeds
2 cinnamon sticks, each 75 mm long

Sprinkle spices in a roasting pan. Place on the bottom rack of a preheated oven at 160 °C. Toast, shaking or stirring now and again, and do not allow to brown. Break open the cardamom seeds and add the seeds to the spices. Wrap the cinnamon sticks in a dishcloth and pound with a meat mallet or rolling pin. Pulverise all the spices with a mortar and pestle or use an electric mill. Store for 1 month in small airtight bottles or containers.

General hints

- Use fresh herbs and spices, if possible.
- Roast only a small quantity of spices at a time, as the flavour gradually dissipates.

Preparation of game

Basting

Venison and game birds have a very low fat content and the meat is inclined to be dry, especially after prolonged cooking. Adding strips of pork speck (larding) or slices of pork speck (barding) bastes the meat with melting fat during cooking, making it more succulent and imparting more flavour. Strips of bacon may also be used, but this will affect the taste and colour of the meat. *Blanch it beforehand, unless a smoked flavour is desired.*

Salted pork belly, obtainable at choice butchers and German delicatessens, and *pancetta*, obtainable at Italian delicatessens or butchers, are the real thing. Thick or thin slices and 5-6 mm strips (*lardons*) are used in the preparation of venison and game bird dishes.

Larding

A larding needle (obtainable at kitchenware shops) is used to thread strips of speck (*lardons*) through the surface of a piece of meat. It is easier to do if you first remove the speck rind, freeze the speck and cut it, when frozen, lengthwise into 5 mm thick sheets. Then cut it across in 5 mm wide strips. Roll the *lardons* in salt, spices and fresh or dried herbs, such as coarsely ground black pepper, crushed garlic, sage and rosemary. Using a larding needle, thread *lardons* through the meat. Keep the stitches ± 25 mm apart and allow the *lardons* to extend 10 mm beyond the holes. Repeat the rows, ± 10 mm apart. Lard with the grain of the meat to obtain an attractive pattern on the sliced cooked meat, which must be carved against the grain.

Vary the thickness of the *lardons* according to the size of the joint and the larding needle. A large larding needle like the ones butchers use (± 300 mm long) can be useful when you have a large joint of venison.

Barding

Large slices of barding speck, ± 3 mm thick, are usually tied around the breasts

of small game birds to prevent the meat from drying out when roasted in the oven or grilled over the coals. One exception is wild duck, which is never barded.

Slices of barding speck can also be placed over large joints (such as a leg or saddle) that have been larded in advance to ensure additional protection and juiciness.

Slices of barding speck are usually removed during the last 5-15 minutes of cooking time, to allow the breast meat to brown slightly.

If speck is not available, spread the breasts of game birds with butter, cover with silicon paper (obtainable at supermarkets) and truss.

Caul fat

This fine, lacy fat surrounding the stomach and entrails of pigs, sheep and fat game, is frequently used for venison that is roasted for a short time only. It is particularly suitable for wrapping around saddle of venison, whole fillet and hare or rabbit, because it adheres well.

During cooking the fat gradually melts, superbly basting and flavouring the meat.

Store caul fat for up to three months in the freezer, and soak in lukewarm water to which salt or vinegar has been added.

Sheep's tail fat

Fat from the tails of Damara, Dorper and Persian sheep imparts a wonderful succulence and flavour to meat. It is particularly popular for preparing dried wors and venison or game boerewors.

Rind

Retain the rind cut from pork speck. Scrub or blanch the skin and use large pieces to line the saucepan in which venison or game is cooked. Small pieces can be rolled up, bound and added to casseroles or stews.





Marinating

A marinade is a seasoned liquid used to break down the tough fibres in game joints, especially those of older animals. It also adds flavour and succulence to the meat.

If cooling facilities are not available, meat may also be stored for a short period in a marinade.

There are two kinds of marinade: moist and dry.

A moist marinade usually consists of wine to which is added oil, chopped onion, carrots, celery, peppercorns, dried thyme, bayleaves, cognac or brandy, a dash of vinegar and salt. Juniper berries, thyme and rosemary (fresh or dried) are often added too. The marinade can be boiled and cooled before marinating the meat in it – a method often recommended for older game.

Olive oil, flavoured with fresh or dried herbs, is the basis of a dry marinade. A soupçon of wine or vinegar may be added because an acid medium helps to tenderise tough fibres. Use only small amounts of vinegar with oil and wine for young game, because it spoils the flavour of the meat. In fact, vinegar in larger quantities should only be used for marinating very tough meat cuts, or old game.

Do not marinate meat for longer than four days – it will lose too much flavour. The marinating period is determined by the kind of game, the age of the animal, the size of the cut, the marinating temperature and the cooking method. The meat of a very old animal, for example, can be marinated for up to ten days. Very young game should not be marinated at all, or at the most for one to two hours. It should be thoroughly ripened, however.

The type of marinade is optional, so feel free to substitute the suggested marinades with your own.

It is important to marinate meat in an enamel, glass, porcelain or plastic container (never use aluminium) in which the meat and marinade fit perfectly. A strong plastic bag is actually a very practical container, since less marinade is needed to cover the meat and it is also easier to turn. Leave the meat to marinate in a cool place or in the refrigerator. If the meat is to be marinated for longer than a day, cover it with cling-wrap and refrigerate it. Turn the meat at least twice a day.

Before roasting or grilling meat that has been soaked in a moist marinade, pat it dry with absorbent paper towels. Don't discard the marinade – use it (with or without stock) when next you pot roast or stew meat, or when preparing and adding the finishing touches to sauces.

Where cooling facilities are unavailable (as is often the case in the bush or

veld), meat can be stored for a couple of days in a marinade to which 6 ml (1 heaped t) boracic acid has been added. Pour off the marinade every day and boil it to prevent fermenting. Replenish regularly with 250 ml (1 c) white wine and a dash of wine vinegar.

Salt (5 ml for every 500 g meat) mixed with herbs and spices – such as thyme, pepper, crumbled bayleaf, allspice, sage and crushed garlic – can also be rubbed into the meat to break down tough fibres and develop flavour. This dry marinade is recommended especially for bushpig and warthog.

Sour cream, yoghurt or buttermilk are particularly suitable as liquids for marinades, while lemon juice and freshly grated citrus peel (zest) impart a delicate flavour.

Remember that red wine affects the colour of the meat and the sauce. White wine may be used instead.

Cooked marinade

This marinade is suitable for tough cuts of older game to be stewed, braised or pot roasted, but not for oven-roasted cuts. Use the leftover marinade as a liquid in the preparation of the dish.

100 ml (7 T) olive or sunflower oil
450 g carrots, peeled and diced
± 3 large (450 g) onions, peeled and finely chopped
3 long celery stalks with leaves, finely chopped
6 shallots, finely chopped
10 garlic cloves, unpeeled and bruised
10 sprigs of parsley
2 sprigs of thyme or 7,5 ml dried thyme
2 large bayleaves
1 sprig of rosemary, leaves stripped and bruised
4 juniper berries, crushed (optional)
15 ml (1 T) black peppercorns, coarsely ground
1,5 t (6 c) dry white or red wine
250 ml (1 c) wine vinegar

Heat oil in a saucepan and sauté carrots, onions, celery and shallots for ± 10 minutes without allowing them to discolour. Add garlic and stir for 1 minute. Tie the parsley, thyme and bayleaves into a small bunch and add to the vegetables in the saucepan with the rosemary, juniper berries and peppercorns. Add wine and vinegar, cover and bring to the boil. Reduce the temperature and simmer for 30 minutes. Remove from

the heat, cool and pour over the meat. Turn meat frequently.
(Sufficient for a large saddle of venison)

Uncooked marinade

This popular marinade is suitable for any kind of game.

1 carrot, peeled and diced
1 large onion, peeled and finely chopped
1 celery stalk, diced
4 shallots, diced
10 garlic cloves, unpeeled and bruised
4 juniper berries, finely pounded (optional)
10 sprigs of parsley
1 sprig of rosemary, leaves removed and bruised
1 sprig of thyme
15 black peppercorns, coarsely ground
2 cloves
2,5 ml (½ t) salt
1,5 t (2 bottles) dry white or red wine
15 ml (1 T) wine vinegar
250 ml (1 c) sunflower oil

Place half the vegetables, herbs and spices in a suitable container. Place the game on top. Pour the rest of the seasoning and liquid over, covering the meat completely. Top up with wine, if necessary. Leave to marinate in a cool place or in the refrigerator, turning meat frequently.

(Sufficient for a large leg of venison)

Buttermilk marinade

Suitable for oven-roasted joints or any casseroles.

2 onions, peeled and cut into rings
2 carrots, peeled and cut into rings
2 young leeks, cut into rings
2 garlic cloves, crushed with salt
4 juniper berries, ground (optional)
2 t (8 cups) buttermilk, yoghurt or sour cream
15 ml (1 T) black pepper, coarsely ground
1 sprig of rosemary, leaves stripped and bruised

Place half the vegetables, herbs and spices in a suitable container. Add half the buttermilk and place the meat on top. Cover with remaining buttermilk, vegetables, herbs and spices. Seal with clingwrap and turn the meat frequently.

Quick or dry marinade

Use this marinade for individual portions of young game fried in a pan or roasted, or for large oven roasts.

90 ml (6 T) sunflower or olive oil
25 ml (5 t) lemon juice or wine and a few drops of wine vinegar (optional)
2 shallots, finely chopped
15 ml (1 T) freshly ground black pepper
1 bayleaf, crumbled
2,5 ml (½ t) dried marjoram or oregano (optional)
5 ml (1 t) fresh thyme or 2,5 ml (½ t) dried thyme
2,5 ml (½ t) fresh rosemary leaves or 1 ml (pinch) dried rosemary
1 garlic clove, crushed with salt
a few sprigs of parsley, chopped

Rub meat with oil and sprinkle with lemon juice. Sprinkle with the rest of the ingredients. Marinate for 1 hour or longer. Season meat with salt just before cooking.

Hints

- Leftover wine soon becomes sour and is excellent for use in marinades.
- Lemon juice, wine and vinegar can be left out, according to the age of the venison or game.

Apricot marinade

Marinate venison cuts, then cook in marinade. Suitable for any small or big game, or bushpig and warthog.

250 ml (1 c) apricot juice
50 ml (10 t) sunflower oil
30 ml (2 T) fruit chutney
1 shallot or 4 spring onions, chopped
1 garlic clove, crushed with salt
1 bayleaf, crumbled
10 ml (2 t) brown sugar
125 ml (½ c) cream (optional)

Mix all the ingredients except the cream and marinate meat for a few hours. Use marinade as a cooking liquid, with or without adding stock. Add cream towards end of cooking.

Beer marinade

This marinade is particularly suitable for bushpig and warthog.

1,02 ℓ (3 cans) beer or draught beer
 1 large onion, peeled and coarsely chopped
 30 ml (2 T) snipped fresh sage leaves or
 15 ml (1 T) dried sage
 15 ml (1 T) black peppercorns, ground
 50 ml (10 t) sunflower oil
 4 garlic cloves, unpeeled but bruised

Mix ingredients and pour over meat in a suitable container.

Marinade for game birds


Marinate game birds for a few hours, or for 2–4 days.

180 ml (³/₄ c) dry white or red wine
 30 ml (2 T) sunflower or olive oil
 65 ml (¹/₄ c) cognac, brandy, port or sherry

10 black peppercorns, ground
 30 ml (2 T) lemon juice
 2,5 ml (¹/₂ t) salt
 1 small onion, peeled and diced
¹/₂ carrot, peeled and diced

Mix ingredients and pour over the birds. Leave for at least 2 hours.





Biltong and wors

Biltong remains a tempting delicacy, and if one takes into account the hunting, slaughtering, jointing, preparing, drying and preserving that goes into its making, it is easy to understand why biltong has become such a luxury article, commercially speaking, and so sought after as a gift! Besides being an excellent method of processing excess venison, it is also possible for a hunter to do all the work right away, in the bush.

The best biltong is the well-known “regte biltong” or “garingbiltong” (loin) cut from the round eye muscle that runs from the thick rib to the leg along either side of the backbone.

To cut biltong

Wipe the meat with a damp cloth to remove any hair still adhering to it. Cut biltong from the leg along the length of the muscles (remove all sinews, if possible) and cut in long strips running with the grain; be careful not to cut it too thickly. Ragged pieces or edges must be

cut away, because flies tend to lay their eggs there. Naturally, bruised or bloody parts should not be used to make biltong. Pack in a plastic or earthenware container (never metal) with the largest pieces at the bottom and the smallest on top. In the bush, a large garbage can could be used, but then use it exclusively for this purpose!

Salt, preferably coarse, can be used either on its own, or with seasonings such as pepper, toasted coriander, vinegar, sugar, bicarbonate of soda and saltpetre. It should not overpower the flavour of the meat, however. Vinegar imparts flavour and tenderises tough fibres; sugar, preferably brown, helps to keep the outer layer tender and improves the flavour; bicarbonate of soda and vinegar prevent mould from forming (which frequently occurs in damp climates); and saltpetre gives biltong its characteristic red colour and serves as a preservative.

Marinate biltong for \pm 12 hours, or overnight. The longer it marinates the more salt is absorbed. Remember, too, that the thinner and smaller the biltong strips, the less salt should be used. Rinse the biltong the following day with hot vinegar water ($\frac{1}{2}$ bottle of vinegar to every 5 ℓ water) to remove excess salt. Sprinkle more pepper on the meat to discourage flies and hang – suspended on wire hooks, paper clips or string – in a cool, dry place.

In late autumn or winter, hang biltong in the sun for the first day, but keep flies

Top left: three containers with Bushveld venison spread (p. 30), pounded dry venison biltong (p. 22), Bottom from left to right: sliced moist venison biltong (p. 22), venison pot (p. 46), venison dried wors (p. 22)

away. Then hang it in a draught in the shade or in a cool place, or use an electric fan (indoors). Biltong pieces should not touch each other. The degree of dryness depends on personal taste, but the biltong should not be hung for too long if you intend freezing it. *The longer biltong hangs and the drier it becomes, the saltier it will be.*

Wrap the dry biltong pieces individually in clingwrap, pack them in a large plastic bag and place in the freezer. Game biltong can be frozen for up to a year.

Venison biltong

10 kg venison without sinew, cut into long strips
100-200 g/100-200 ml (7-13 T) coarse salt
80 g/100 ml (7 T) brown sugar
10 g/10 ml (2 t) saltpetre (obtainable at chemists)
10 g/10 ml (2 t) bicarbonate of soda
5 ml (1 t) pepper
40 g/100 ml (7 T) whole coriander, toasted, ground and sifted (see Hint) vinegar

Combine seasoning ingredients. Layer meat strips in a suitable container sprinkled with a little seasoning. Sprinkle more seasoning over each layer. Rub seasoning mixture over meat and sprinkle with a little vinegar. Allow to stand for 6 hours. Turn over and marinate overnight. Hang up to dry.

Hint

To toast coriander: Toast whole coriander (without fat or oil) in a frying pan at a moderate temperature. Be careful not to burn it. Pound finely with a pestle and mortar or grind in an electric coffee mill. Sift coriander to separate from the husks.

Venison wors

Anyone who sets a high premium on quality will agree that home-made wors is definitely not cheap meat, although cheaper cuts of good quality – neck, thick rib, thin flank, thick flank, bolo, silverside and topside – are also used. Use a sharp mincer and mince the meat coarsely for the wors.

Casings

Use pork casings for braai wors, and synthetic casings for processed meats. Soak the casings in lukewarm water overnight.

Next morning, tie casings to a cold-water tap and run water through. Press the air out of them and use a sausage filler to fill them with the meat. Do not fill too tightly. For a small quantity of sausage, use an icing bag with a plain nozzle.

Refrigerate the wors for a day before cooking or freezing.

Smoking

A variety of smoking boxes is obtainable from shops specialising in camping equipment, spice traders and wholesalers who supply butchers with equipment.

You can also get information about how to construct a drum smoking machine or a smoking room by writing to the Meat Board.

Venison boerewors

Use more than one kind of venison, if you wish, and include warthog, if it's available.

2,5 kg speck, half cut into 50 mm cubes and the other half diced
10 kg venison, cut into 50 mm cubes
10 kg pork, cut into 50 mm cubes
300 ml (1¼ c) whole coriander, toasted, ground and sifted (see Hint)
150 ml (10 T) salt
45 ml (3 T) freshly ground black pepper
25 ml (5 t) ground cloves
15 ml (1 T) freshly grated nutmeg
750 ml (1 bottle) wine vinegar
250 ml (1 c) Worcester sauce (optional)
± 600 g pork casings

Set diced speck aside and add cubed speck to meat. Sprinkle spices over speck and meat and mix well. Cover and stand in refrigerator overnight to develop flavour.

Mince meat and speck mixture coarsely, then slightly finer. Add diced speck, vinegar and Worcester sauce. Mix lightly but thoroughly.

Fill casings with mixture.

Hint

Refrigerate wors overnight. Cook or freeze the following day.

Variation

Substitute lamb for pork.

Venison dried wors

10 kg venison, without bones and sinew, cut into 50 mm cubes
2,5 kg lamb, without bones or sinew, cut into 50 mm cubes
2 kg sheep's tail fat, cut into 50 mm cubes
150 ml (10 T) whole coriander, toasted, ground and sifted (see Hint)
125 ml (½ c) salt
30 ml (2 T) freshly ground black pepper
12 ml (1 d) ground cloves
7,5 ml (1½ t) freshly grated nutmeg
300 ml (1¼ c) wine vinegar
75 ml (⅓ c) Worcester sauce
± 400 g thin casings

Season meat cubes and fat with spices, cover and refrigerate overnight to develop flavour.

Coarsely mince meat and fat, at the same time sprinkling with vinegar and Worcester sauce. Mix well. Mince again, this time slightly finer.

Fill casings with meat mixture. Hang over chrome or copper pipe 10 mm in diameter (preferably not over wire) in a draught in a cool, dry place. Dried indoors, the wors can be ready within 5-7 days with the aid of an electric fan. Pack and freeze as for biltong.

Top left and right: warthog cocktail sausages in tomato sauce (pp. 24 and 97), Bottom: venison boerewors



Venison chorizo

Chorizo is smoked or dried pork and pimento sausage.

1 kg venison, without bones and sinews, diced
500 g pork, without bones and sinews, diced
750 g speck, diced
40 ml (8 t) salt
2,5 ml ($\frac{1}{2}$ t) brown sugar
1 ml ($\frac{1}{4}$ t) saltpetre
2 ml ($\frac{1}{2}$ t) cayenne pepper
20 ml (4 t) paprika
1 medium red sweet pepper, seeded
1 red chilli, seeded
2 large garlic cloves, crushed with salt
150 ml ($\frac{2}{3}$ c) dry red wine
± 90 g casings

Place diced meat and speck on a tray and sprinkle with spices and seasoning, except wine. Mince coarsely and add wine. Mix lightly but thoroughly and mince again.

Fill casings tightly with meat mixture (to prevent mould) and twist into 150 mm lengths. Hang for 12 hours at room temperature or use an electric fan. Smoke for ± 2 hours. Refrigerate, then pack and freeze.

Hint

Pack sausages in sterilised bottles with screw tops and cover with sunflower or olive oil. Seal and refrigerate for up to 3 months. Use in rabbit paella over the coals (p. 82).

Spicy herb sausage

1,5 kg venison, without bones and sinews, cut into 50 mm cubes
1,5 kg pork neck, without bones and sinew, cut into 50 mm cubes
500 g speck, cut into strips
30 ml (2 T) salt
15 ml (1 T) freshly ground black pepper
2,5 ml ($\frac{1}{2}$ T) four-spice mixture (p. 14)
75 ml (5 T) chopped fresh parsley or 30 ml (2 T) dried parsley
25 ml (5 t) fresh thyme or 12 ml (1 d) dried thyme
150 ml ($\frac{2}{3}$ c) brandy or wine, to moisten
± 100 g casings

Season meat cubes and strips of speck with spices. Cover and refrigerate over-

night to develop flavour.

Coarsely mince meat and speck and add fresh herbs and brandy. Mix well but lightly and mince again, this time slightly finer.

Fill casings with meat and refrigerate overnight before cooking. Use within a few days or freeze for a short period.

Venison salami

2 kg venison, without bones and sinews, cut into 50 mm cubes
1,75 kg pork (not too lean), without bones and sinew, cut into 50 mm cubes
2 garlic cloves, crushed with salt
50 ml (10 t) salt
10 ml (2 t) freshly ground black pepper
10 ml (2 t) saltpetre
125 ml ($\frac{1}{2}$ c) dry red wine
750 g speck, cut into 3 mm cubes
salami casing, 50 mm in diameter

Combine meat cubes with all seasonings, except wine and speck cubes. Mince coarsely and add wine. Mix lightly but thoroughly and mince again. Add speck cubes.

Fill casings very tightly and fasten with string. Hang for 12 hours to allow flavours to develop and to allow casings to dry. Smoke for 4 hours (p. 22). Hang in a cool place for 10 days to dry.

Special wors without casings

(Known as "muise" in Afrikaans)

Serve with maize soufflé (p. 107) at a late breakfast.

caul fat
30 ml (2 T) vinegar
500 g venison, preferably loin without sinews, diced
125 g pork loin without bones and sinews, diced
125 g veal loin without bones and sinews, diced
250 g speck, diced
20 ml (4 t) salt
5 ml (1 t) freshly ground black pepper
pinch of cayenne pepper
5 ml (1 t) ground cinnamon
75 ml ($\frac{1}{3}$ c) red wine
45 ml (3 T) chopped fresh parsley or 20 ml (4 t) dried parsley

Soak caul fat in lukewarm vinegar water.

Combine meats and diced speck with seasoning and spices, except wine and fresh herbs. Cover and refrigerate overnight to develop flavour, if possible.

Mince coarsely and add wine and parsley. Mince again.

Drain caul fat, cut into 120 mm squares and pat dry. Place meat mixture on the pieces of caul fat and fold sides over to make an oval-shaped parcel (± 12 mm thick). Press or pin seams together to seal well.

Grill in preheated double grid over the coals or in a corrugated cast-iron skillet. (20 sausages)

Hint

Alternatively, roll the sausages first in beaten egg and then in dry breadcrumbs (p. 108). Sprinkle with melted butter and grill over the coals or under a preheated oven grill.

Variation

"Skilpadjies"— Mince liver and season with salt, pepper, mixed spices, Worcester sauce, chopped fried onions and vinegar. Follow recipe for "muise" and use liver filling.

Warthog cocktail sausages

1,5 kg warthog without bones and sinews, diced
1,5 kg pork without bones and sinews, diced
750 g speck, diced
75 ml ($\frac{1}{3}$ c) salt
10 ml (2 t) freshly ground white pepper
5 ml (1 t) four-spice mixture (p. 14)
5 ml (1 t) brown sugar
pinch of saltpetre
60 ml (4 T) cumin seed, toasted and finely ground (optional)
20 ml (4 t) snipped fresh sage or 10 ml (2 t) dried sage
1 large garlic clove, crushed with salt (optional)
± 90 g sheep casings

Combine diced meat and speck with remaining ingredients. Cover and refrigerate overnight to develop flavour.

Mince meat mixture coarsely and fill

casings. Turn into 75 mm lengths. Dip sausages into boiling water for a few seconds before frying or grilling. Brush with a little melted butter and fry or grill, or poach in water for 10 minutes and pat dry on a dishcloth.

Hint

Prepare tomato sauce (p. 97) or as for venison sauce with pasta (p. 28) and heat poached cocktail sausages in the sauce.

Warthog sausage

Serve with tangy sauerkraut (p. 103) or warm potato salad (p. 50).

1,5 kg warthog, bones and sinews removed, diced
 1,5 kg pork, bones and sinews removed, diced
 750 g speck, diced
 25 ml (5 t) whole coriander, toasted, ground and sifted (p. 22)

60 ml (4 T) salt
 10 ml (2 t) freshly ground black pepper
 10 ml (2 t) four-spice mixture (p. 14)
 5 ml (1 t) sugar
 pinch saltpetre
 1–2 garlic cloves, crushed with salt
 2 shallots, finely chopped
 ± 80 g sheep's casings

Season diced meat and speck with seasoning and spices. Cover and refrigerate overnight to develop flavour.

Mince very coarsely. Add garlic and shallots, then mince once more, this time slightly finer.

Stuff casings with meat mixture and twist into 120 mm lengths. Hang for 12 hours at room temperature, or use an electric fan. Smoke lightly until golden brown (p. 22). Simmer for 10–12 minutes in water before serving.

Cabanossi

3,5 kg venison, bones and sinews removed, cut into strips
 3 kg lean beef, bones and sinews removed, cut into strips

1 packet cabanossi spices
 1 kg ice, finely ground
 3 kg lean pork, bones and sinews removed, diced
 5 kg speck, diced
 ± 400 g casings

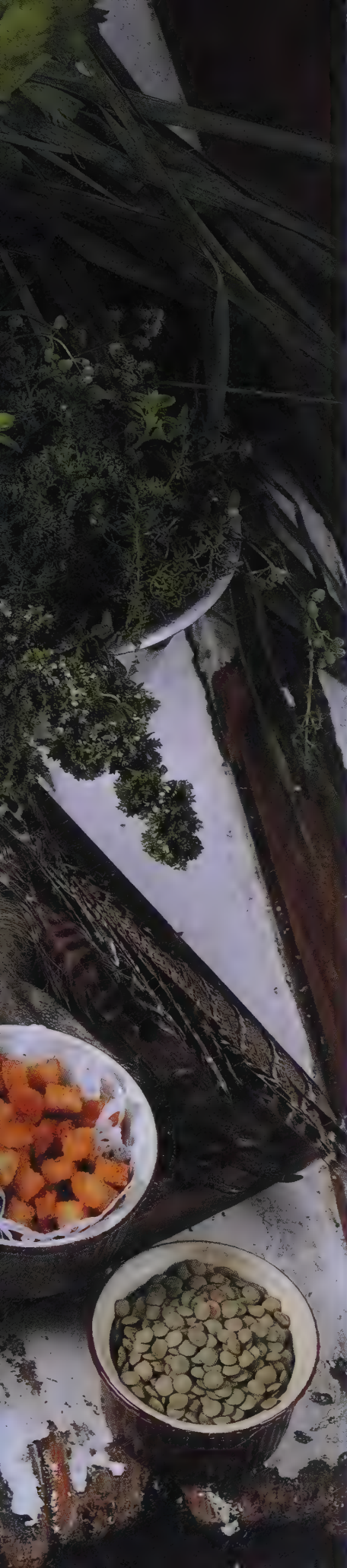
Chill venison and beef strips almost to freezing point. Mince finely and combine with herbs and fine ice. Mince diced pork and speck slightly coarser, add to venison mixture and combine lightly but thoroughly.

Stuff size 22/24 casings with meat mixture and hang overnight to "dry off", or use an electric fan. Smoke the next day for 2 hours (p. 22). Dry as for dried wors, store as for venison *chorizo* (p. 24), use it as is, or freeze,

Hint

Premixed spices are available from butchers or wholesale butcheries, such as Fredi Hirsch in Pretoria and Crown Mills in other cities.





Stock, soup and bone meat

Stock is prepared from game bones, either with or without veal bones. Veal bones provide the gelatinous texture and the flavour which are the most important characteristics of a good stock.

Venison stock is indispensable in the preparation of tasty stews, pot roasts and braised dishes, and in excellent sauces.

The shin bones of young animals contain gelatine and can be used in the

cooking liquid to form jelly for cold meats.

The most delectable dishes are made with bone meat. This is the meat that remains on the bone after meat joints have been deboned and wors or biltong meat has been cut away. The shin bones can, of course, be added too.

Marrow bones provide flavour and gelatine to venison and are used for preparing risotto, for example.

Top: vegetables for stock (p. 28), Centre: shank of veal and venison, rolled pork rind, pork belly and pheasant for making stock (p. 28), Bottom from left to right: spray of fresh herbs (p. 108), lentil venison soup (p. 30), croûtons and dried lentils

Venison sauce with pasta

Serve with ribbon noodles or home-made *pappardelle* (30 mm wide ribbon noodles) in deep soup bowls with grated Parmesan cheese, or serve on toast.

2 kg venison, e.g. rib, shoulder or neck, with bone, cut into smallish pieces
45 ml (3 T) olive or sunflower oil
salt and freshly ground black pepper
1 onion, peeled and finely chopped
1 large carrot, peeled and very finely chopped
1 celery stalk, very finely chopped
1 garlic clove, peeled and finely chopped
500 ml (2 c) venison stock (p. 28)
spray of fresh herbs (p. 109)
10 ml (2 t) fresh mixed herbs, such as parsley, chives and oregano or 2,5 ml (½ t) mixed dried herbs

TOMATO SAUCE

3 rashers streaky bacon, chopped
15 ml (1 T) sunflower oil
1 shallot, chopped
2 garlic cloves, peeled and chopped
2 red chillies, seeded and chopped
45 ml (3 T) wine vinegar
125 ml (½ c) dry red wine
500 ml (2 c) venison stock
1 bayleaf
4 large ripe tomatoes, skinned and seeded, chopped
15 ml (1 T) brown sugar
salt and freshly ground black pepper
65 ml (¼ c) cream

Brown meat in oil in a saucepan, transfer to a plate with a slotted spoon and season with salt and pepper. Fry vegetables in the fat in the pan until tender and add garlic. Stir for 1 minute. Return meat and add boiling stock. Skim off scum. Season with herbs and cover. Cook meat until it comes off the bone. Drain meat in a colander and reserve sauce. Very carefully remove sinews and bones and cut meat into small pieces.

Fry bacon in heated oil until lightly browned. Add shallot and fry for 2 minutes. Add garlic and chilli and stir-fry for 1 minute. Add vinegar and reduce completely. Add wine and reduce slightly. Add stock, bayleaf, tomatoes, brown sugar, salt and pepper. Simmer for 25 minutes, uncovered, or until the sauce has thickened.

Reduce reserved sauce until thick and syrupy. Add to tomato sauce, stir in meat and heat until warmed through. Taste and season. Add cream and stir until well mixed and warmed through.
(6 portions)

Venison stock

Saw bones into small pieces to release as much flavour and gelatine as possible. Pork rind, chicken wings or feet also contribute to the forming of gelatine and jelly.

1 veal shin bone, thickly sliced
1 kg veal bones and scraps from meat such as flank, neck, rib and shin
1 kg venison bones (shin, neck and rib), sawn into cubes
500 g venison scraps such as flank, or game bird carcasses, etc.
15 ml (1 T) sunflower oil
2 large carrots, scrubbed and coarsely chopped
2 large onions, rinsed and quartered
2 celery stalks, coarsely chopped
1 whole garlic bulb, halved crosswise
1 whole onion, peeled and studded with 3 cloves
150-250 ml (⅓-1 c) dry white wine
2,5 l (10 c) cold water
1 piece pork rind or bacon rinds
spray of fresh herbs (p. 109)
1 tomato, halved and seeded, coarsely chopped
10 black peppercorns
2,5 ml (½ t) salt

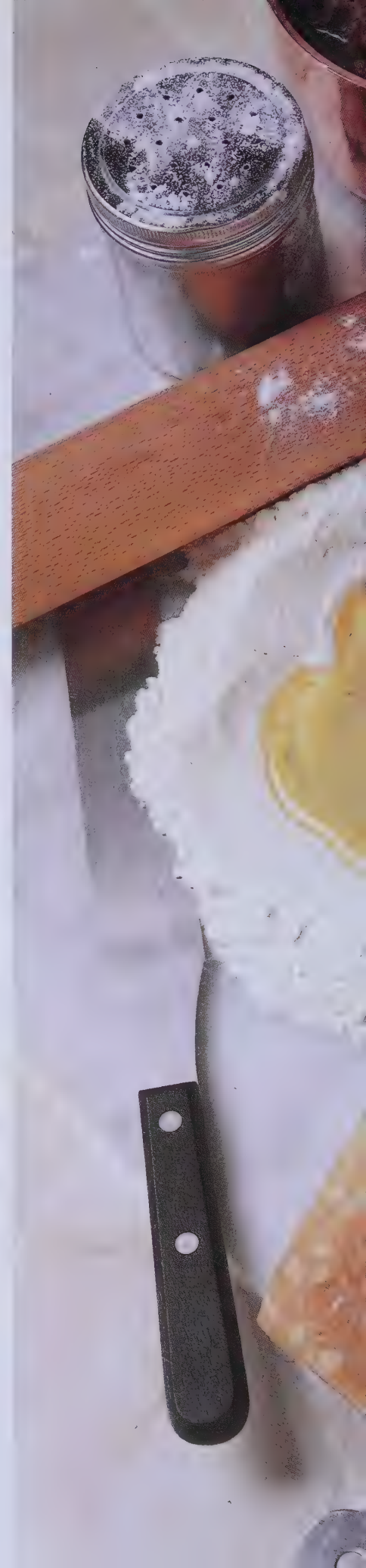
Preheat oven to 230 °C. Bake bones and meat in oil in a roasting pan until dark brown but not burnt (this adds colour to the stock). Stir occasionally.

Add carrots, onions and celery and bake for ± 10 minutes. Transfer bones and vegetables to a large saucepan and add garlic, onion and wine. Completely reduce wine over a high temperature. In the meantime, deglaze the roasting pan with a little cold water and heat over moderate temperature, stirring continuously to loosen brown particles. Add seasoned water to ingredients in saucepan and cover with water. Add pork rind, herbs, tomato, peppercorns and salt. Heat over moderate temperature, skimming off scum. Tilt lid and simmer for 3-6 hours.

Pour cooled liquid through a conical strainer, cool and refrigerate, uncovered, overnight so that the fat congeals on top. The following morning, scrape off the fat, pack fat-free gelatinous stock into 500 ml quantities and freeze.

(± 1-1,25 l or 5 c)

Top left: venison sauce, Centre left: 2 eggs and 200 g cake flour (ingredients for 2 servings of pappardelle), Bottom: venison sauce served with pappardelle and freshly grated Parmesan cheese





Venison soup with meat balls

Serve in deep soup bowls with home-made bread or crisp French bread.

500 g minced venison, or a mixture of venison and pork
1 small onion, peeled and finely chopped
1 egg, beaten
30 ml (2 T) chopped fresh parsley or 15 ml (1 T) dried parsley
1 garlic clove, peeled and chopped
80 ml ($\frac{1}{3}$ c) uncooked rice
5 ml (1 t) chopped fresh oregano or 2.5 ml ($\frac{1}{2}$ t) dried oregano
5 ml (1 t) salt
1 ml (pinch) each freshly ground black pepper and four-spice mixture (p. 14)
cake flour
2 l (8 c) venison stock (p. 28), well seasoned
30 g (2 T) butter
80 ml ($\frac{1}{3}$ c) uncooked rice
salt and freshly ground black pepper
2 eggs
juice of 1-2 lemons
50 ml (10 t) chopped parsley or 25 ml (5 t) dried parsley

Combine meat, onion, egg, parsley, garlic, rice, oregano, salt, pepper and four-spice mixture. Shape into balls and roll in flour.

Bring stock to the boil and add meat balls and butter. Put lid on and simmer for \pm 1 hour. Add rice during the last 20 minutes of cooking time, or simmer until cooked. Taste and season, if necessary. Keep warm, or prepare soup two days beforehand and refrigerate or freeze. Reheat just before the next step.

Just before serving, beat eggs and gradually add lemon juice. Slowly add 500 ml (2 c) of hot soup; keep on stirring. Return egg mixture to soup and stir for 2 minutes at a low temperature until egg is cooked. Remove from heat and stir for 1 minute to prevent the heat of the saucepan from curdling the eggs (if this does happen, quickly beat a few ice cubes into the soup). Stir in parsley. Spoon into soup bowls immediately to prevent curdling.
(6 portions)

Lentil venison soup

375 ml ($1\frac{1}{2}$ c) green lentils (obtainable at health food shops)
60 g (4 T) butter
1 onion, peeled and finely chopped
1 carrot, peeled and finely chopped
1 celery stalk with leaves, thinly sliced
1 garlic clove, crushed with salt
2 marrow bones (\pm 50 mm lengths), sawn open at both ends
1.5 l (6 c) venison stock (p. 28), or water and meat bones
freshly ground black pepper
spray of fresh herbs (p. 109)
2 slices bread without crusts, diced
30 ml (2 T) olive or sunflower oil
salt
2 lemons
125 ml ($\frac{1}{2}$ c) cream
5 ml (1 t) prepared mustard (optional)
10 ml (2 t) snipped chives or chopped fresh parsley
paprika

Place lentils in a sieve and rinse under cold running water. Melt butter in a large saucepan and fry onion, carrot and celery until tender. Add garlic and stir for 1 minute.

Rinse marrow bones and add to ingredients in saucepan with lentils, stock, pepper and herbs. (Salt is added later.) Bring to the boil, skimming off scum frequently. Put the lid on and simmer for 50-60 minutes, or until the lentils are tender.

Fry bread in oil until light brown and crisp. Using a slotted spoon, lift *croûtons* onto kitchen paper and sprinkle with salt.

Remove marrow bones and spoon marrow back into soup. Season with juice of 1 lemon, salt and more pepper, if necessary. Dilute with boiling water, if necessary. Combine cream and mustard and stir lightly into soup for a marbled effect. Scatter chives and paprika over and serve with *croûtons*. Cut remaining lemon into quarters and serve with soup.
(4 portions)

Hint

It is not necessary to soak lentils beforehand.

Bushveld venison spread

Serve as a starter with crisp French bread and pickles or as a delicious snack.

1.6 kg venison with a few pieces of bone, cut into 50 mm cubes
900 g fatty pork such as belly, cut into 50 mm cubes
20 ml (4 t) salt
20 ml (4 t) freshly ground black pepper
1 ml (pinch) freshly grated nutmeg
2.5 ml ($\frac{1}{2}$ t) mixed spices
5 ml (1 t) fresh thyme or 1 ml (pinch) dried thyme
2 bayleaves
1 garlic clove, unpeeled and bruised
500 ml (2 c) water or more, if necessary
melted lard or clarified butter (p. 108) to pour on top

Preheat oven to 160 °C. Place venison and pork in an ovenproof casserole dish. Season with salt, pepper, nutmeg, mixed spices, thyme, bayleaves and garlic. Add 400 ml water. Bring to the boil at a moderate temperature, stirring continuously. Cover with aluminium foil and the lid and bake for 3-4 hours. Stir occasionally until fat has melted and clarified. Add water to liquid to prevent meat from adhering and to keep it at a gentle simmer.

Drain meat in a colander and remove bayleaves and garlic. Reserve fat and allow to cool. Flake meat with two forks and remove pieces of bone.

Combine cold fat with meat, taste and season, if necessary. Spoon into bowls and press down firmly to remove air bubbles (this prevents mould). Cover with melted lard or clarified butter and store for up to 6 weeks in the refrigerator. Allow to ripen in the refrigerator for at least 2 days before use. If it is to be eaten within a couple of days, simply cover with clingwrap.

(12 portions)

Venison risotto

30 ml (2 T) olive or sunflower oil
 3 large garlic cloves, peeled and halved
 30 g (2 T) marrow
 1 onion, finely chopped
 400 g (2 c) uncooked rice
 1 ℓ (4 c) venison stock (p. 28)
 60 g (4 T) butter
 salt and freshly ground black pepper
 25 ml (5 t) fresh parsley, chopped, or
 10 ml (2 t) dried parsley
 100 ml (7 T) Parmesan cheese, grated
 (optional)

Heat oil in a heavy-based saucepan and sauté garlic until lightly browned and oil is flavoured. Remove garlic. Add the marrow and onion to the oil in the saucepan and fry until translucent. Add rice and stir until coated with fat and translucent. Bring stock to the boil and stir 100 ml (7 T) at a time into the ingredients in the saucepan. (Do not add too much stock at a time, as the rice will cook too rapidly.) Stir continuously and add more boiling stock as soon as the rice has absorbed the liquid. Heat at a moderate temperature until liquid has been absorbed and the rice is soft, but

not soggy. Stir in butter and season with salt and pepper.

Sprinkle parsley over risotto. Serve with cheese.

(6 portions)

Hint

Add 2 small cooked venison kidneys (p. 36) just before serving.





Offal

Liver

Remove the gall bladder, tubes and blood vessels. Rinse the liver in cold water and remove the thin membrane (it

shrinks during cooking and tends to deform the liver slices). For liver of adult animals, first marinate in milk or buttermilk. A light sparkling wine will remove the prominent gamey taste of venison liver. Liver freezes well.

Liver with onions

Serve with plain polenta (p. 47) or ribbon noodles.

4 onions, peeled and thinly sliced
100 ml (7 T) olive or sunflower oil
1 young kudu liver (±1,5 kg), membrane and veins removed, cut into 25 mm pieces
salt and freshly ground black pepper
45 g (3 T) butter, diced
25 ml (5 t) chopped fresh parsley or 10 ml (2 t) dried parsley
75 ml (5 T) red wine or brandy (optional)

Sauté onions for ± 20 minutes in half the oil in a frying pan at a very low temperature. Stir occasionally.

Heat remaining oil in a large frying pan over a moderately high temperature until very hot. Fry liver for ± 30 seconds

on each side. Season with salt and pepper and add to onions. Stir in butter and parsley and transfer to serving dish. Deglaze the frying pan with wine and heat, stirring, at a moderate temperature to loosen brown particles. Pour over liver. Serve immediately.

(6 portions)

Liver spread

125 g speck, finely chopped
300 g chicken or game bird livers, cleaned
2 shallots, chopped
spray of fresh herbs (p. 109)
1 ml (1/4 t) four-spice mixture (p. 14)
salt and freshly ground black pepper
15 ml (1 T) cognac or brandy (optional)

Fry speck until crisp. Add livers and seasoning and fry for ± 3 minutes (livers should still be pink inside).

Cool and remove herbs. Purée liver in a food processor or liquidiser, mash with fork or rub through a sieve with a wooden spoon. Taste and season with salt, pepper and cognac. Cover and chill or keep in a cool place.

Hostess's liver loaf (p. 34) served with orange port sauce (p. 99), Melba toast and a small, crisp green salad

Fried venison liver with orange

Serve with samp, plain polenta (p. 47), buttered ribbon noodles or krummelpap (p. 47).

1 venison liver (kudu, rooibok, springbok or ribbok), membrane and veins removed, thinly sliced
125 ml ($\frac{1}{2}$ c) seasoned cake flour (p. 109)
30 ml (2 T) sunflower oil
90 g (6 T) butter
3 medium onions, peeled and sliced
2 garlic cloves, peeled and finely chopped
15 ml (1 T) wine vinegar
200 ml ($\frac{3}{4}$ c) dry white wine
1 chicken stock cube, crumbled
50 ml (10 t) sunflower oil (optional)
handful of fresh sage leaves (optional)
2 unpeeled oranges, sliced
castor sugar
60 g (4 T) butter

Dust the liver slices lightly with seasoned flour. Heat oil and 45 g (3 T) butter in frying pan at moderate temperature. Fry liver for \pm 2 minutes on each side, remove and keep in warming drawer.

Heat remaining 45 g (3 T) butter in pan fat and fry onions until translucent. Add garlic and stir for 1 minute. Deglaze pan with wine vinegar and wine. Crumble stock cube into ingredients in pan and boil for a few minutes. Turn contents of pan onto a plate and keep warm.

Heat oil in the same pan and sauté sage leaves until crisp but still green (1 minute). Keep warm.

Dust orange slices with castor sugar and caramelise in 60 g (4 T) butter in frying pan at a moderately high temperature.

Transfer fried liver to a serving dish and spoon onions over. Garnish with sage leaves and caramelised orange slices.

(6 portions)

900 g-1 kg venison liver, membrane and veins removed, cut into pieces
1 medium onion, peeled and grated
30 g (2 T) butter
 $\frac{1}{2}$ (300 g) white bread, crusts removed and finely crumbled
250 ml (1 c) cream
400 g rindless pork belly or unsmoked bacon, diced
4 eggs
salt
2,5 ml ($\frac{1}{2}$ t) four-spice mixture (p. 14)
3 egg whites
300 ml ($1\frac{1}{4}$ c) cream

Place liver in bowl of food processor.

Sauté onion in butter until translucent and turn onto a plate to cool. Add to liver in bowl, together with crumbs, cream, pork belly, eggs, salt and four-spice mixture. Purée until smooth. Gradually add unbeaten eggs and mix well.

Spoon liver mixture into a stainless steel dish, cover and refrigerate in a larger dish of ice and water for 30 minutes-1 hour.

Return mixture to bowl of food processor or mixer, switch on and add cream in a thin stream. Taste and season, if necessary. Rub mixture through a sieve (a drum sieve works best) to separate from tough fibres. Refrigerate in a dish of iced water for at least 1 hour.

Preheat oven to 160 °C. Spoon mixture into a well-greased bread pan. Cover with aluminium foil and place in a *bain-marie* of boiling water. Bake for 50 minutes-1 hour at 160 °C or until it comes away from the sides. Stand for 5-10 minutes and turn out immediately to prevent sticking.

Cut in slices and serve hot or cold.
(12 portions)

Hint

Pork belly roll is obtainable from a well-known food chain store. Cut into 200 g slices, freeze separately and use when required.

Liver with bacon

Serve with easy vetkoek (p. 51) or chick peas with tomato and onion sauce (p. 103).

1 venison liver, membrane and veins removed, cut into 12 mm thick slices
salt and freshly ground black pepper
250 ml (1 c) cake flour
30 ml (2 T) sunflower oil
45 g (3 T) butter
juice of 1 lemon
500 g back bacon or streaky bacon
25 ml (5 t) chopped fresh parsley or
10 ml (2 t) dried parsley

Season liver with salt and pepper. Dust lightly with seasoned flour. Heat oil and butter in a frying pan and sauté liver for \pm 3 minutes on each side.

To grill liver over the coals or in the oven, brush with melted butter and oil and grill for \pm 2 minutes on each side.

Arrange slices on a plate and sprinkle with lemon juice. Keep warm.

Grill or fry bacon in a clean pan and arrange alternate slices of liver and bacon on a serving dish. Garnish with parsley. Serve immediately.

(6 portions)

Variation

Cut 6 onions into rings. Separate rings, dip in milk, dust with cake flour and deep-fry (fill saucepan to one-third full with oil). Drain on kitchen paper and sprinkle with salt. Rinse and dry bunch of parsley (stalks cut short) thoroughly and deep-fry. Drain and sprinkle with salt. Fry tomato halves in butter in a frying pan and serve with onions and parsley as accompaniments to the liver.

Hostess's liver loaf

A memorable dish! Serve with orange port sauce (p. 99) or cranberry sauce and hot *croûtes* (p. 108) or Melba toast as a delicious starter or a main dish for a light meal.

Top: liver skewers (p. 36), Centre: venison kidneys with mustard sauce (p. 36), Bottom left: fried venison liver with orange (p. 34), Bottom right: venison brains, well soaked and ready to be blanched (p. 36)



Liver skewers

1 liver of young venison (\pm 600 g), membrane and veins removed, cut into 25 mm pieces
15 ml (1 T) sunflower oil
30 g (2 T) butter
250 g button mushrooms, stalks carefully removed
250 ml (1 c) cake flour
2 eggs beaten with a pinch of salt
375 ml (1½ c) dry breadcrumbs (p. 108)
125 g (½ c) butter, melted, or sunflower oil, or combined
salt and pepper according to taste
juice of 1 lemon
4 slices fried polenta (p. 47) (optional)
8 slices maître d'hôtel or garlic butter (p. 99)

Sauté liver lightly in oil and butter at a moderately high temperature until sealed and browned. Transfer to a plate, using an egg slice, and cool. Fry mushrooms for \pm 1 minute on each side in the same pan.

Thread pieces of liver on skewers, alternately with mushrooms, beginning and ending with liver. Dust lightly with flour. Coat with beaten egg, draining off excess egg. Coat with crumbs.

Preheat oven to 200 °C. Brush skewered liver and mushrooms with melted butter and place in grid. Grill in oven or over low coals. Season with salt, pepper and lemon juice. Arrange side by side or on fried polenta and immediately top with slices of maître d'hôtel butter.
(4 portions)

Hint

Soak wooden skewers in water to prevent their burning.

Kidneys

Kidneys make a rich dish, and 2 kudu or 6 rooibok kidneys are sufficient for 4 portions as a starter. Marinate kidneys in light sparkling wine to tone down the overpowering gamey flavour.

Basic recipe

2 kudu kidneys
250 ml (1 c) light sparkling wine
60 g (4 T) butter, preferably clarified butter (p. 108)
salt and freshly ground black pepper

Remove fat and membrane surrounding kidneys and halve horizontally. Carefully core and remove tubes. Marinate kidneys in wine for 1 hour.

Pat kidneys dry on paper towels. Melt butter in a frying pan and sauté kidneys at a moderately low temperature. First fry with cut side down, and turn every minute. Kidneys are gently rolled in butter and should not turn dark brown, because they will be tough. Season with salt and pepper and turn onto a plate.

Slice kidneys thickly and serve with one of the sauces on pp. 97-99.

Venison kidneys with maître d'hôtel butter

2 venison kidneys, fried as for basic recipe
4 large croûtes (p. 108)
8 slices (5 mm thick) maître d'hôtel butter (p. 99)

Arrange fried kidneys, cut sides up, on croûtes. Top each with 2 slices flavoured butter and serve immediately.
(4 portions)

Venison kidneys with brown butter sauce

Serve with braised shallots and mashed potatoes as a main dish (1-2 kidneys per person) or on croûtes (p. 108) as a starter.

2 kidneys, prepared as for basic recipe

SAUCE

60 g (4 T) butter
juice of 1 lemon
25 ml (5 t) chopped fresh parsley or 10 ml (2 t) dried parsley

Melt butter in a clean frying pan and heat until nut brown. Add lemon juice and shake the pan. Stir in parsley, add kidneys and reheat gently.

Venison kidneys with mustard sauce

Serve with French bread.

2 kidneys, cooked as for basic recipe

SAUCE

30 g (2 T) butter
15 ml (1 T) shallot or onion, chopped
150 ml (10 T) white wine
15 ml (1 T) lemon juice
25 ml (5 t) prepared mustard
45 g (3 T) butter
salt and pepper
30 ml (2 T) chopped fresh parsley or 10 ml (2 t) dried parsley

Pour off butter from pan in which kidneys were fried and melt 30 g butter in the same pan. Sauté shallot until tender and deglaze pan with wine and lemon juice. Reduce rapidly, stirring to loosen brown particles. Reduce liquid by half and remove from heat. Mix mustard and butter. Stir knobs of mustard butter into reduced liquid in pan, one at a time, alternately at low temperature and away from the heat. Taste and season lightly, if necessary.

Add kidneys to mustard sauce, garnish with parsley and reheat gently.

Brains

Preparation

Rinse brains thoroughly and soak for at least 2 hours in acidulated water. Replace water hourly, adding 30 ml (2 T) wine vinegar each time. Carefully remove membranes from brains. An alternative method is to leave the brains

under running water for 1½ hours, then to remove the membranes and to soak the brains for another 2 hours. They are now ready to be blanched.

Blanching (basic preparation)

1 pair brains of kudu or other venison
(± 300 g)
½ onion, peeled and sliced
5 black peppercorns
1 bayleaf
1 large unpeeled garlic clove, bruised
6 parsley stalks
1 fresh sprig of thyme or 2,5 ml (½ t)
dried thyme
30 ml (2 T) wine vinegar
5 ml (1 t) salt

Place brains in a saucepan and cover with cold water. Add remaining ingredients and bring to a simmer at moderate temperature. Skim off scum and cover with a tilted lid. Simmer gently for 20 minutes at a low temperature. Remove

from heat. Leave brains to cool in liquid for 20 minutes. Drain and pat dry. The brains are now ready to be used.

Venison brains with brown butter sauce

Serve with *croûtes* or French bread.

300 g venison brains, blanched as described above and cut into 10 mm thick slices or 25 mm pieces
125 ml (½ c) French salad dressing (p. 99) or commercial product
125 ml (½ c) seasoned cake flour (p. 108)
15 ml (1 T) sunflower oil
30 g (2 T) butter

SAUCE

125 g (½ c) butter
60 ml (4 T) lemon juice or 30 ml (2 T) wine vinegar
30 ml (2 T) chopped fresh parsley or 10 ml (2 t) dried parsley
15 ml (1 T) capers, drained and rinsed (optional)

Marinate brains in salad dressing for 30 minutes—1 hour. Drain brains and dust with flour. Heat oil and 30 g (2 T) butter and sauté brains for 2-3 minutes on either side until golden brown. Set aside and keep warm.


Melt 125 ml (½ c) butter in the same or a clean frying pan and heat until nut brown. Add lemon juice, parsley and capers. Shake pan over heat. Spoon sauce over the brains while foaming. Serve immediately.

(4 portions as a starter)

Variations

- Allow brains to cool in the blanching liquid and chill for a few hours. Drain and cut into 25 mm pieces. Pat dry, slice and serve with French salad dressing on lettuce leaves, as a salad.
 - Substitute pepper sauce (p. 98) for brown butter sauce and serve with steamed rice.
-





Camp food and potjiekos

The camp food and potjiekos in this book are meant for game hunters, but some of these dishes can also be prepared at home.

I've tried to keep the recipes and ingredients as simple as possible, and at the same time to offer something different and interesting.

Witblits venison steaks

Serve with sweet pepper salad (p. 48).

4 venison loin steaks (20-40 mm thick),
sinewy edges removed
30 ml (2 T) sunflower oil
2,5 ml ($\frac{1}{2}$ t) dried oregano
1 ml ($\frac{1}{4}$ t) dried rosemary
1 ml ($\frac{1}{4}$ t) dried thyme
freshly ground black pepper and salt
45 g (3 T) butter
125 ml ($\frac{1}{2}$ c) witblits, gin or brandy
12 slices (6 mm thick) maître d'hôtel or
garlic butter (p. 99)
4 oval-shaped slices rye bread, toasted
on one side
fresh watercress for garnish (optional)

Marinate meat in oil, herbs and pepper for at least 30 minutes. Season with salt and sauté in butter for \pm 3-5 minutes on each side in a frying pan or ploughshare. Pour witblits over meat and flambé immediately (stand back!).

Top the meat slices with slices of butter and serve immediately on the untoasted sides of rye bread. Garnish with watercress.

(4 portions)

Hint

For a more attractive appearance, leave a single rib bone on each steak and scrape off membranes.

Bottom left: witblits venison steaks

Bottom right: wood pigeon with croûtes (p. 44)

Quails in vine leaves over the coals

Serve with plain polenta (p. 47).

8 quails

100 ml (7 T) olive or sunflower oil

7,5 ml (1½ t) cumin seed, toasted and finely ground

7,5 ml (1½ t) whole coriander, toasted, ground and sifted (p. 22)

½ onion, finely grated to make juice

salt and freshly ground black pepper

10 ml (2 t) paprika

fresh or pickled vine leaves (see Hint) (optional)

½ bunch fresh coriander, rinsed and leaves shredded, or 45 ml (3 T) chopped fresh parsley

Rinse birds well and pat dry on paper towels. Split along the backbone and remove the spine. Flatten with your hand and set aside in an earthenware dish. Combine marinade ingredients, except vine leaves and fresh coriander, and baste birds with marinade. Marinate for at least 2 hours, turning often.

Pat vine leaves dry and wrap around birds. Grill over the coals for 3 minutes on each side. Baste regularly with marinade. Place in a warmed serving dish and sprinkle with coriander leaves or parsley.

(4-8 portions)

Hints

- Blanch fresh or pickled vine leaves (obtainable at supermarkets) by placing in boiling water for 2 minutes. Drain and soak in cold water. Pat dry on dishcloth or paper towels.
- Make stock by cooking backbone with seasoning vegetables (p. 14) and serve as a sauce. Season well with salt, pepper and Worcester sauce. Beat diced butter into sauce just before serving.

Ostrich breast with green olives

Serve with cracked wheat (p. 46) or krummelpap (p. 47).

2 kg ostrich breast, breastbone removed

500 g leg meat, cut into 25 mm pieces

½ recipe buttermilk marinade (p. 18)

12 large garlic cloves, peeled

rind of 1 lemon, shredded

1 kg bacon, cut into 25 mm pieces

30 ml (2 T) sunflower oil

salt and freshly ground black pepper

2 pork trotters or 1 calf's foot, rinsed and chopped to open

250 g stoned green olives (optional)

850 g (2 cans) canned tomatoes

500 g carrots, peeled and sliced into 6 mm rings

500 g mushrooms, halved or quartered

500 g leeks, rinsed and sliced into rings

750 ml (3 c) chicken stock or water

Marinate all meat for 1-2 days in buttermilk marinade to which garlic and lemon rind have been added. Drain meat and pat dry on paper towels. Reserve garlic.

In a flat-bottomed cast-iron saucepan, sauté bacon in oil until fat renders. Season breast with salt and pepper and fry very gently until golden brown.

Remove breast and fry pieces of leg meat in batches until brown. Remove from the pan and pour off fat. Season meat and return to saucepan together with breast, remaining ingredients and garlic. Simmer until very tender and tasty. Taste and season, if necessary.

(6-8 portions)

Hint

Pork trotters and calf's foot are particularly gelatinous and are often used in a dish where additional jelly is wanted. They are especially good in this dish, as the jelly is strong with a delicate flavour.

Puff-adder

Serve with whole-wheat bread.

1 large intestine of gemsbok, kudu or eland, rinsed thoroughly

2 kidneys, prepared according to basic recipe (p. 36), cut into small pieces

1 venison heart, rinsed and the hard tissue and large blood vessels removed, cut into small pieces

900 g venison liver, membrane and veins removed, cut into small pieces

1 onion, peeled and chopped

4 rashers bacon, cut into lardons

juice of 1 lemon or 20 ml (4 t) vinegar salt and freshly ground black pepper

5 ml (1 t) four-spice mixture (p. 14)

5 ml (1 t) dried sage

10 ml (2 t) dried parsley

30 ml (2 T) prepared mustard (optional)

250 ml (1 c) fresh breadcrumbs (optional)

250 ml (1 c) cream or chopped soft fat from gemsbok or springbok

2 lemons, cut into wedges

Turn large intestine inside out so that the fat is on the inside.

Place kidneys, heart, liver and remaining ingredients in a large mixing bowl.

Tie one end of the large intestine with a piece of string, stuff with mixture (a funnel makes this task easier) and tie the other end. Grill over coals on a hot oiled grill. Turn at regular intervals, without damaging the casing.

Slice and serve hot with lemon wedges.

(8 portions)

Hint

Add diced apple to the stuffing.

Venison kebabs

Serve with fried polenta with fresh herbs and grated Parmesan cheese (p. 47).

1 kg springbok loin without sinew, cut into 25 mm squares
salt and freshly ground black pepper
2 bananas
410 g (1 can) apricots, drained, reserving 100 ml (7 T) juice
250 g button mushrooms, stalks removed

MARINADE

100 ml (7 T) sunflower oil
5 ml (1 t) finely grated lemon rind
20 ml (4 t) lemon juice
30 ml (2 T) dry white wine
5 ml (1 t) fresh rosemary leaves, bruised,
or 2,5 ml (½ t) dried rosemary
½ garlic clove, crushed with salt

Season meat with salt and pepper and place in a mixing bowl. Slice bananas and add to meat with apricots and mushrooms. Combine marinade ingredients and pour over ingredients in mixing bowl. Marinate meat for 1 hour.

Thread meat, bananas, apricots and mushrooms alternately on skewers (soaked in water beforehand). Grill over coals for ± 10-15 minutes, or until cooked. Turn regularly and baste frequently with marinade.

(6 portions)

Guinea fowl and chicken with port and sultanas

Serve with krummelpap (p. 47) or cracked wheat (p. 46). Also good with fresh julienne vegetables and French salad dressing (p. 99) or dried-fruit salad with sesame and garlic mayonnaise (p. 48).

250 ml (1 c) sultanas
250 ml (1 c) port
1 guinea fowl or pheasant, cut into portions
15 ml (1 T) sunflower oil
30-60 g (2-4 T) butter
1 chicken, cut into portions
1 onion, peeled and chopped
2 carrots, chopped
1 celery stalk, chopped
2 garlic cloves, peeled and chopped
500 ml-1 ℓ (2-4 c) venison stock (p. 28) or chicken stock (prepared from 1-2 cubes), or water
salt and freshly ground black pepper
1 whole onion, peeled and studded with 3 cloves
5 ml (1 t) four-spice mixture (p. 14)
1 bayleaf
3 rashers streaky bacon, chopped
½ onion, peeled and chopped
1 red chilli, seeded and chopped
3 large red tomatoes, skinned, seeded and chopped
pinch of sugar
250 ml (1 c) cooked rice
1 packet black pepper sauce powder (obtainable at supermarkets)
250 ml (1 c) cream or milk, or combined

Soak sultanas in port.

Sauté a few guinea fowl portions at a time in oil and butter in a potjie until golden brown. Remove with a slotted spoon. Add more butter, if necessary, and sauté chicken portions. Set aside. Fry onion in the remaining fat until translucent. Add carrot and celery. Stir in garlic after 2 minutes and fry for 1 minute. Place the guinea fowl on the seasoning vegetables and add 500 ml (2 c) heated stock. Season with salt, pepper, onion with cloves, four-spice mixture and bayleaf. Cover and simmer for 1½ hours.

Add chicken and heated stock to liquid. Cover and simmer for 1½ hours or until tender.

To prepare tomato sauce: fry bacon in oil until crisp. Add onion and sauté until translucent. Stir in chilli and tomatoes. Season with salt and pepper, and simmer for 25 minutes, uncovered, to

thicken slightly. Remember to add a pinch of sugar!

Remove cooked guinea fowl and chicken with a slotted spoon. Remove bone and skin and return meat to the potjie with sultanas and port. Spoon the rice over and cover with tomato sauce. Combine sauce powder with cream and pour over the meat. Cover and simmer until heated through.

(10 portions)

Venison tartare

Serve with hot toast or dark rye bread, prepared mustard, salt and freshly ground black pepper.

The most superb beef fillet tartare is made from a freshly slaughtered animal; therefore I strongly recommend using venison fillet, rump or loin for this dish!

Approximately 3 000 years ago, a nation of horsemen developed in the steppes of Asia. The Tartars became a force to be reckoned with, waging wars up to the fourth century. This well-known dish derived its name from the Tartars, who had to carry their meat rations with them. The meat "marinated" under their saddles on a long trip. Aphrodisiac properties have even been ascribed to this dish.

250 g venison fillet
1 egg yolk
dash of Worcester sauce
10 ml (2 t) prepared mustard
salt and freshly ground black pepper
15 ml (1 T) finely chopped onion
15 ml (1 T) fresh or commercial tomato sauce
15 ml (1 T) fresh parsley, chopped
15 ml (1 T) capers, rinsed and patted dry
10 ml (2 t) lemon juice
15 ml (1 T) olive oil
fresh watercress or parsley, slice of tomato and wedge of lemon for garnish

Finely chop meat or use 2 forks to flake fillet. Using a fork or spoon, combine all the other ingredients, except the meat, oil and garnish, in a large mixing bowl. Add oil, mix well, then add meat. Mix lightly but thoroughly.

Shape meat into flat rounds and garnish with watercress, tomato and lemon wedges.

(1-2 portions)

Venison chops with apples and cream

Serve with sweet potatoes over the coals (p. 48).

6 rib chops of young small game, 25-30 mm thick, sinewy edges removed
salt and freshly ground black pepper
15 ml (1 T) sunflower oil
30 g (2 T) butter
60 ml (1/4 c) brandy
125 ml (1/2 c) port or sweet wine
200 ml (3/4 c) cream
2 apples, peeled, cored, and thickly sliced
30 g (2 T) butter

Season chops with salt and pepper just before cooking. Sauté chops in oil and butter, \pm 3-4 minutes on each side. Pour off fat and pour brandy over chops. Flambé while shaking the pan. Pour port over as soon as the flames die down. Transfer chops to a plate and keep warm. Reduce liquid in pan by 1/3. Add cream and reduce, stirring occasionally, to thicken slightly. Taste and season with salt and pepper, if necessary.

In a frying pan, sauté apples in butter until light brown. Spoon sauce over chops and serve apples on the side.
(3 portions)

Hint

Cut against the bone just under the muscle and scrape the meat and membranes from the rib to improve the appearance of the chops for a formal meal. Cut the chops in two-rib sections, retaining only one rib.

Hunter's casserole

A good recipe for tough game birds! Serve with any starch or grain dish.

500 g sauerkraut
1 large onion, peeled and finely chopped
100 g (7 T) butter
1 large green apple, peeled, cored and diced
125 g brown mushrooms, thickly sliced
250 g cabbage, cored and finely shredded
410 g (1 can) tomatoes, chopped up in juices
30 ml (2 T) sunflower oil

250 g bacon rashers, coarsely chopped
1 indigenous francolin, cut in portions
250 g venison, boned and cut into 25 mm cubes
250 ml (1 c) venison stock (p. 28) or chicken stock (prepared from 1/2 cube)
100 ml (7 T) sweet wine
5 ml (1 t) four-spice mixture (p. 14)
salt and freshly ground black pepper
2 smoked garlic, Russian or venison chorizo sausages (p. 24), thickly sliced (optional)

Rinse sauerkraut under cold water in a sieve or colander and squeeze dry with your hands. Sauté onion until translucent in 60 g (4 T) butter in a small saucepan. Add apple. Fry for 2 minutes and add mushrooms, sauerkraut, cabbage and tomatoes. Simmer, uncovered, for a few minutes.

In a large saucepan, fry bacon in heated oil and remaining butter until crisp. Brown a few pieces of francolin at a time in the saucepan. Remove. Sauté venison, in batches, until brown. Return all the meat to the large saucepan and add ingredients from the small saucepan. Add just enough heated stock to half-cover ingredients. Add sweet wine, four-spice mixture, salt and pepper.

Simmer for 2 1/2 hours, continuing to add heated stock to liquid. Add sausages and simmer until tender. Remove lid during the last 30 minutes of cooking to reduce liquid. Taste and season, if necessary.

(8 portions)

Pot-roasted spur-winged goose with muscadel and lentils

This recipe is suitable for tough game birds. In the bush, serve with stuffed boer pumpkin cooked in a potjie (p. 50).

1 spur-winged goose, or other tough game bird
salt and freshly ground black pepper
60 g (4 T) butter
125 g pancetta (p. 109) or pickled unsmoked pork, cut into lardons
8 fresh sage leaves, snipped, or 5 ml (1 t) dried sage
250 ml (1 c) white muscadel
250 g hanepoot grapes, seeded and peeled
500 ml (2 c) fresh breadcrumbs (p. 108)
4 leeks, rinsed and cut into rings
150 g streaky bacon rashers

\pm 1 ℓ (4 c) venison stock (p. 28) or chicken stock
4 juniper berries, finely ground
2 bayleaves
2 recipes maître d'hôtel lentils (p. 104)
30 g (2 T) cold butter, diced

Wipe bird inside and outside with a damp cloth, remove oil glands and season stomach cavity with salt and pepper.

Heat half the butter in an ovenproof or flat-bottomed casserole. Fry lardons until crisp and remove with a slotted spoon. Stir-fry fresh sage leaves briefly until crisp and add to lardons. Sauté bird lightly in pan fat until it begins to brown. Remove and leave to cool in plate.

Combine muscadel, grapes, crumbs, sage, lardons, salt and pepper in a mixing bowl and macerate. Meanwhile, sauté leeks for 10 minutes in pan juices and remaining butter in casserole.

Stuff birds with muscadel stuffing, season and truss with a trussing needle and string. Arrange bacon over breast section and place bird on leeks. Add 250 ml (1 c) heated stock to casserole and reduce, basting bird continuously with stock. Add another 250 ml (1 c) stock and repeat. Season with salt, pepper, berries and bayleaves. Cover and reduce temperature. Simmer for 2 1/2-3 hours at a very low temperature, or until tender. Replenish liquid with boiling stock, if necessary.

Meanwhile, prepare maître d'hôtel lentils.

Transfer meat to heated serving dish and keep warm. Remove string. Pour remaining stock into casserole and stir to loosen brown particles. If more than 375 ml (1 1/2 c) stock remains, reduce without the lid. Taste, and season if necessary. Gradually beat butter cubes into sauce. Keep warm in gravy boat.

Surround spur-winged goose with maître d'hôtel lentils.

(4-6 portions)

Pot-roasted spur-winged goose with muscadel and lentils, Centre left: pancetta (unsmoked salted pork belly), Bottom centre: maître d'hôtel lentils (p. 104)



Hunter's pot

1 duiker or steenbok leg, boned
200 g speck, cut into lardons
125 ml (½ c) dried apricots, soaked in water for 8 hours
¼ recipe uncooked marinade (p. 18)
250 g stoned prunes, dried peaches and apple rings
300 ml (1¼ c) muscadel or sweet sherry
15 ml (1 T) sunflower oil
30 g (2 T) butter
1 large onion, peeled and chopped
3 large garlic cloves, peeled and bruised
smoked pork shank
± 1 ½ (4 c) venison stock (p. 28) or brown stock (prepared from 2 cubes)
salt and freshly ground black pepper
large sprig of thyme
bayleaf
6 medium potatoes, peeled
6 medium onions, peeled
250 g pearl wheat, soaked overnight and drained
300 g brown mushrooms
1 green apple, unpeeled, cored and diced

SAUCE

1 packet mushroom sauce powder (obtainable at supermarkets)
5 ml (1 t) ground coriander
2,5 ml (½ t) four-spice mixture (p. 14)
30 ml (2 T) chopped fresh parsley or 15 ml (1 T) dried parsley
250 ml (1 c) cream or milk

Lard the leg with speck and apricots. Marinate for 1-2 days, turning frequently. Macerate the dried fruit in the wine.

Pat meat dry on paper towels and brown in heated oil and butter in a potjie. Remove. Sauté onion in the fat in the potjie until translucent. Add garlic and fry for 1 minute. Return meat to potjie, and add pork shank and 250 ml (1 c) heated stock. Season with salt, pepper, thyme and bayleaf. Skim off scum. Cover, reduce temperature and simmer for ± 1½ hours. Continue simmering, adding heated stock if necessary.

Arrange potatoes and onions on top and sprinkle pearl wheat over. Season with salt and pepper and replenish liquid, if necessary (do not drown vegetables in liquid!). Simmer for 30 minutes or until wheat is tender. Add macerated fruit and muscadel, arrange mushrooms on top and scatter apple over. Combine sauce ingredients and pour over. Cover and simmer for 15 minutes (apple should still be firm).

(8 portions)

Braised partridges with cabbage

Suitable for tough game birds. Serve with krummelpap (p. 47).

250 g rashers bacon, cut into lardons
250 g pork sausages
15 g (1 T) butter
2 partridges, cut into portions
2 medium onions, peeled and chopped
2 medium carrots, peeled and chopped
2 celery stalks, chopped
1 garlic clove, peeled and chopped
1 medium cabbage, cored and quartered
5 ml (1 t) four-spice mixture (p. 14)
5 ml (1 t) caraway seed
5 juniper berries, finely ground (optional)
salt and freshly ground black pepper
spray of fresh herbs (p. 109)
± 500-750 ml (2-3 c) venison stock (p. 28) or chicken stock
beurre manié (p. 108)
30 ml (2 T) chopped fresh parsley

Fry bacon in a casserole dish or small saucepan until crisp. Remove with a slotted spoon. Brown sausages lightly in fat and set aside, with the bacon. Add butter to the fat remaining in the casserole or saucepan and sauté birds until brown. Remove and set aside, with bacon and sausages. Fry onion until translucent and add carrots and celery. Fry for 2 minutes and stir in garlic.

Blanch cabbage in boiling salted water for 2 minutes. Drain and rinse under cold water. Slice into thick strips and place half on top of seasoning vegetables in casserole or saucepan. Season with half the spices and seasoning and arrange bacon, sausages, birds and herbs on top. Cover with remaining cabbage and season with remaining seasoning and spices. Seal with aluminium foil and cover with the lid. Simmer for 2 hours at a very low temperature. Remove sausages after 45 minutes and set aside.

Thicken pan juices, if necessary, with *beurre manié* (mix small lumps with pan juices against sides of casserole). Cut sausages into large pieces and scatter over the dish, with the parsley. Heat through and spoon pan juices over cabbage. Remove herbs. Taste and season, if necessary.

Serve in saucepan, or transfer to a heated serving dish and spoon sauce over.

(6-8 portions)

Wood pigeon with croûtes

2 large wood pigeons, trussed
125 g pickled unsmoked pork, diced
15 ml (1 T) sunflower oil
30 g (2 T) butter
20 shallots, blanched and peeled (p. 108)
65 ml (¼ c) seedless raisins, macerated in a little port or sherry
30 ml (2 T) cake flour
200 ml (¾ c) full-bodied red wine
750 ml (3 c) venison stock (p. 28) or chicken stock
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
8 small, heart-shaped croûtes (p. 108) or croûtes with liver spread (p. 33)

Pat birds dry on paper towels. Sauté pork in a heavy-based casserole until crisp. Remove. Heat oil and butter with the fat in the casserole and sauté birds until brown. Remove with a slotted spoon and set aside, with pork.

Fry shallots until golden brown in pan fat, remove and set aside. Stir flour into the remaining pan fat and fry for ± 1 minute. Remove from heat and add wine and heated stock. Keep stirring until thickened. Return birds and pork to casserole. Season with herbs and seasoning and add raisins. Cover, reduce temperature and simmer for ± 2½-3 hours (wild wood pigeons) and 1½ hours (farm-bred pigeons) or until almost tender. Replenish liquid with heated stock or boiling water. Add shallots and simmer for 25 minutes. Remove herbs and taste. If sauce does not coat the back of a spoon, transfer birds and shallots to a heated dish and keep warm. Reduce sauce, uncovered, to desired thickness and pour over the birds. Serve immediately with *croûtes*.

(4 portions)

Hint

Arrange portions of pigeon or whole birds on largish *croûtes* with liver spread (p. 33) and serve with a green salad.

Guinea fowl with mushroom and cream sauce

Serve with krummelpap (crumbly mealie meal porridge) (p. 47), buttered ribbon noodles or spätzle (p. 47).

1 guinea fowl, skinned
30 ml (2 T) olive or sunflower oil
2 onions, peeled and quartered
salt and freshly ground black pepper
5 ml (1 t) four-spice mixture (p. 14)
1 ml (1/4 t) ground coriander
1 bayleaf
2 ml (1/2 t) fresh thyme or 1 ml (1/4 t) dried thyme
5 ml (1 t) chopped fresh parsley or 2,5 ml (1/2 t) dried parsley
500 ml (2 c) cream
250 g button mushrooms, sliced (optional)
30 g (2 T) butter (optional)

Carefully cut breast meat from carcass. Chop knuckles off drumsticks and pull out tough sinews. Cut drumsticks, with thighs, from carcass.

In a potjie, sauté breast meat in oil, remove and set aside. Fry drumsticks and thighs until golden brown and keep aside with breast meat. Sauté onions in pan fat until lightly browned. Add meat to onions in saucepan and season with salt, pepper, spices and herbs. Pour cream over and simmer gently until meat is tender and cream has turned a light brown around the edges of the saucepan.

Meanwhile, sauté mushrooms in butter and season with salt and pepper. Add to cooked guinea fowl. Taste and season, if necessary.

(2-4 portions)

Hint

Sauté carcass in oil with seasoning vegetables (p. 14) until golden brown. Add enough wine and chicken stock (prepared from a cube) or water to cover. Season with spices and herbs as in recipe and simmer gently until tender. Remove all small bones and taste. Serve with guinea fowl in cream or, at home, spoon into small pancakes (crêpes), tied with blanched leeks. Alternatively, serve informally with pap (mealie meal porridge) or toast.

Venison brawn

5 kg venison with bone, such as shank, neck or rib
3 onions, peeled and finely chopped
30 ml (2 T) salt
15 ml (1 T) black peppercorns, coarsely ground
15 ml (1 T) whole coriander, toasted, ground and sifted (p. 22)
6 juniper berries, bruised (optional)
10 ml (2 t) four-spice mixture (p. 14)
30-45 ml (2-3 t) lemon juice

Saw shank in thick slices. Cut meat into pieces and place in a large saucepan with shank. Add onions, salt, pepper, coriander, berries and four-spice mixture. Barely cover with water. Bring to the boil and skim off the scum. Cover and simmer until meat comes off the bone. Remove bones, cut meat into pieces and put into a mixing bowl. Strain liquid, through a sieve, over the meat. Mix lightly and season with lemon juice, salt and pepper. Spoon into greased bread pans and refrigerate until set.

Variation

Use equal quantities of vinegar, curry powder, turmeric and sugar as in second variation of venison offal (p. 46). Add mixture as soon as meat is tender, and return to a simmer. Complete as above.

Head of venison baked in coals

Serve warm with coarse salt and freshly ground black pepper in small bowls, and fresh whole-wheat bread and butter.

1 game head
15 ml (1 T) bicarbonate of soda
15 ml (1 T) slaked lime
juice of 4 lemons or 90 ml (6 T) wine vinegar
2 onions, peeled and sliced
2 large carrots, peeled and sliced
2 celery stalks, sliced
2 leeks, sliced (optional)
30 ml (2 T) sunflower oil
20 g (4 t) softened butter
salt and freshly ground black pepper
1 whole onion, peeled and studded with 3 cloves
1 bayleaf
few sprigs of parsley

1 sprig of thyme or 2,5 ml (1/2 t) dried thyme
2 lemons with leaves or fresh herbs (optional) for garnish

Scrape head clean with a blade in warm water to which bicarbonate of soda has been added. Cut off ears and horns, flush with head. Rinse thoroughly under cold running water, paying special attention to the mouth and snout.

Mix lime with sufficient water to cover head in a large enamel or plastic container. Add lemon juice and soak head for at least 3 hours or until it turns white. Drain and rinse under cold water again. Drain well.

Preheat oven to 160 °C. Meanwhile, fry onions, carrots, celery and leeks for ± 10 minutes at a low temperature. Spoon seasoned vegetables onto a large piece of greased, double aluminium foil and leave to cool slightly. Spread head with a thin layer of butter and season mouth well with salt and pepper. Place onion studded with cloves, bayleaf, parsley and thyme in mouth and place head, neck end down, on top of vegetables. Seal aluminium foil well.

Bake head for 3 1/2-4 1/2 hours, depending on size, or *in the bush* do the following: In a prepared hole ± 500 mm deep and ± 600 mm in diameter, make a fire 1 1/2 hours in advance. Remove most of the coals and set aside, leaving a thin layer behind. Place head in hole and cover with corrugated iron. Cover with a layer of sand and shovel coals on top. Bake overnight, or for 8-12 hours, and remove head the following morning.

Remove the tongue and cheeks and place in a heated dish. Break the skull and remove the brains. Garnish the offal with lemon wedges and green leaves.

Variation

Quick method: Rinse head and mouth thoroughly, cut off horns and place head (skin intact) without seasoning and additions, with the neck end down, on a layer of coals. Cover with coals as above. Remove head the following morning or after 12 hours and remove the hard-baked skin. Remove edible sections and place in a heated serving dish, or tackle with a pocket knife!

Venison offal

Serve with couscous with sultanas and chick peas (p. 107) or krummelpap (crumbly mealie meal porridge) (p. 47).

1 kg game tripe, cut open and rinsed clean
dairy salt
wine vinegar
4 game trotters
60 ml (4 T) slaked lime (obtainable at chemists)
2 whole onions, peeled and studded with 1 clove each
1 garlic bulb, halved horizontally
salt and freshly ground black pepper
2 carrots, peeled and finely chopped
2 onions, peeled and finely chopped
125 g bacon, blanched (p. 108) and diced
30 ml (2 T) sunflower oil
45 g (3 T) butter
spray of fresh herbs (p. 109)
2 garlic cloves, crushed with salt
2 whole cloves
750 ml (1 bottle) dry white wine
4 thin barding strips of speck
15 ml (1 T) arrowroot, potato flour or cornflour (p. 108)
juice of $\frac{1}{2}$ -1 lemon

Rub tripe with salt and wine vinegar, pull off fatty membranes by hand and scrub the insides with a hard brush. Soak in acidulated water and change the water a couple of times. Scrape hair from trotters with a blade. Cut open between toes and remove glands. Saw trotters and cut tripe into large pieces. Soak overnight in water with slaked lime or until it whitens.

Blanch offal 3 times for 5 minutes in boiling water. Transfer to a large saucepan and add onions studded with cloves and half a garlic bulb. Cover with water and season with salt and pepper. Heat and simmer for 6 hours, or simmer for 3 hours in a pressure cooker. Drain tripe and cut into 20 mm cubes.

Sauté carrots, onions and bacon in oil and butter for 10 minutes at a low temperature. Add offal, herbs, garlic, cloves and wine. Place barding strips on top and cover. Simmer for 7 hours, or $3\frac{1}{2}$ hours in pressure cooker. Remove herbs and spoon off fat. Add arrowroot, mixed with a little water, and boil until thickened. Season with salt, pepper and lemon juice. Serve piping hot.

Variations

- Add 500 ml (2 c) tomato sauce (p. 97) and return to the boil before thickening, or add 30 ml (2 T) tomato paste, together with wine.
- Combine 250 ml (1 c) of wine vinegar with 30 ml (2 T) curry powder, 12 ml (1 d) each of turmeric and sugar and add just before thickening. Allow to simmer to blend flavours well.
- Add scraped young potatoes during the last 30 minutes of cooking.

Gemsbok fillet with mushroom stuffing in caul fat

Serve with fried polenta (p. 47) or chick peas with tomato and onion sauce (p. 103).

1,5 kg gemsbok fillet, sinews removed and halved crosswise, but not cut through
a large piece of pork caul fat, soaked in acidulated water and patted dry, or 350 g bacon rashers
500 g button mushrooms, finely chopped
15 ml (1 T) sunflower oil
60 g (4 T) butter
60 ml (4 T) shallots or spring onions, finely chopped
60 ml (4 T) sweet wine or brandy
60 ml (4 T) venison stock (p. 28) or chicken stock or $\frac{1}{8}$ stock cube crumbled and added dry
25 ml (5 t) chopped fresh parsley or 10 ml (2 t) dried parsley
salt and freshly ground black pepper
125 g maître d'hôtel butter (p. 99)

Sauté mushrooms in oil and butter at high temperature until liquid has been absorbed. Add shallots, reduce temperature and fry for 5 minutes. Add wine and stock and boil to reduce completely. Season with parsley, salt and pepper. Spoon onto a large plate to cool.

Open up fillet and spoon filling along the centre. Fold over, draw the thin end back and tie with string at 25 mm intervals. Wrap fillet in caul fat and secure with toothpicks, if necessary. Grill over coals for \pm 35-45 minutes (for medium to rare) or according to taste. Turn frequently. Allow to rest in a warm place (at least 15-30 minutes).

Remove toothpicks, caul fat and string. Thickly slice fillet horizontally

and top with slices of *maître d'hôtel* butter.

(6-8 portions)

General hint

Use meat tongs to turn meat.

Venison pots

Delicious and easy! Use leftover venison or game birds and serve in small pots as a spread for buttered, freshly baked bread.

250 g cooked game, such as game birds, rabbit or venison stewing meat, boned and finely chopped
125 g smooth cottage cheese with chives
2 garlic cloves, crushed with salt
10 ml (2 t) brandy or whisky
salt and freshly ground black pepper
cayenne pepper

Combine meat with remaining ingredients and allow to stand for a few hours to mature.

Hint

Spread remaining cottage cheese on rye or whole-wheat bread and serve with leftover sweet pepper salad (p. 48). Use the 250 g plastic tub as a measuring jug. Pack chopped meat in tightly.

Cracked wheat

250 ml (1 c) cracked wheat
750 ml (3 c) water
15 ml (1 T) butter
5 ml (1 t) salt
125 ml ($\frac{1}{2}$ c) milk

Rinse wheat under cold water, in a sieve. Place in a saucepan with cold water and bring to the boil. Cover, reduce temperature and simmer for 35 minutes. Replenish liquid with water, if necessary. Add butter, salt and milk. Cover with a close-fitting lid and simmer for 20 minutes until soft and dry.

Krummelpap

(Crumbly mealie meal porridge)

Serve in the potjie with sugar and milk for breakfast or as a side dish with game stews.

1 ℓ (4 c) water
5 ml (1 t) salt
500 ml (2 c) coarse mealie meal
a large knob of butter (optional)
freshly ground black pepper (optional)

Boil water and salt in a small potjie. Drizzle mealie meal into pot to form a pyramid. Do not stir. Put the lid on and simmer for 20 minutes at a low temperature. Don't remove the lid. Stir at 20-minute intervals, using a large fork, until the porridge is crumbly and loose. Stir in butter and pepper just before serving.

(6 portions)

Variation

Stir 410 g (1 can) sweetcorn or chick peas, drained, into porridge and heat through.

Wheat with turmeric and raisins

1 small onion, peeled and chopped
15 g (1 T) butter
250 ml (1 c) cracked wheat, rinsed under cold running water
10 ml (2 t) turmeric
750 ml (3 c) cold water
5 ml (1 t) salt
15 ml (1 T) brown sugar
125 ml ($\frac{1}{2}$ c) seedless raisins
125 ml ($\frac{1}{2}$ c) boiling water
knob of butter

Sauté onion in butter. Add wheat and turmeric and stir for a few seconds. Add cold water and bring to the boil. Cover, reduce temperature and simmer for 35 minutes. Add salt, sugar, raisins and boiling water. Simmer, covered, for 30 minutes or until the wheat is soft and raisins have swollen. Stir in butter just before serving.

Polenta

Polenta is a staple food in Northern Italy, especially in the Venice area. It is a bright yellow mealie meal, either finely or coarsely ground. Polenta makes a lovely golden yellow dish and can be served plain or with a tasty sauce. Although mealie meal can be used instead of polenta, the texture and taste are not quite the same. Polenta is obtainable in the health food sections of supermarkets and at Italian delicatessens. There is also an instant polenta which is ready in 3 minutes. It is best to freeze polenta if you intend keeping it for any length of time.

There are endless possibilities for serving polenta. It can be served hot on its own, with butter and Parmesan cheese, with fried fish, meat or sausage stews, or with grilled meat, poultry, game sauce and game birds. Polenta can be sliced and eaten plain, or cooled and fried, grilled or stacked into large, thin rounds with various fillings and béchamel sauce to form a *gâteau*. Add polenta to your repertoire, especially for alfresco entertaining.

Plain polenta

1 ℓ water (4 parts water to 1 part polenta)
salt
250 ml (1 c) plain, coarse polenta

Boil water and salt in a heavy-based casserole. Slowly drizzle polenta into water, while stirring with a wooden spoon. Stir continuously for 20 minutes to obtain a smooth, creamy texture. Turn out onto a board and serve warm. (Traditionally it is cut into slices with thin piano strings.)

Fried polenta

Turn cooked polenta out onto a wet baking sheet, cool and cut into flat slices, or into rounds (with a biscuit cutter). Fry in butter, with or without cheese filling, or brush with butter and grill over the coals. Polenta and butter, Parmesan cheese and fresh herbs are inseparable!

In the bush, serve polenta in a potjie. Make a well in the centre and spoon in grilled sausages with cooked tomato sauce (p. 97) or meat stew.

(4-8 portions)

Spätzle

A delicious variation on noodles, to serve with any meat dish in the bush or at a dinner party at home.

750 ml (3 c) cake flour
3 eggs, lightly beaten
3 ml ($\frac{3}{4}$ t) salt
1 ml ($\frac{1}{4}$ t) each freshly ground black pepper and freshly grated nutmeg
250 ml (1 c) water or sufficient to make a fairly slack batter
3 (12 c) water
15 ml (1 T) salt
butter, diced

Sift flour into a mixing bowl and make a well in the centre. Add eggs, salt, pepper, nutmeg and water to the well. Mix until smooth, but do not beat too much.

Bring water seasoned with salt to the boil in a large saucepan. In the bush, spread batter \pm 6 mm thick on a chopping board, dip knife into boiling water and scrape pieces directly into water. The *spätzle* are ready as soon as they float on top. Boil for another 10 seconds and scoop out with a slotted spoon or drain in a colander or sieve. Carefully stir in diced butter and keep warm in colander or sieve over steaming water or a stew.

(10 portions)

Hint

At home, the batter can easily be rubbed through a colander with large holes into the boiling water.

Variation

Dice $\frac{1}{2} \times 250$ g butter and melt in a frying pan. When it stops foaming, stir in 500 ml (2 c) fresh breadcrumbs (p. 108) and sauté, stirring continuously, until golden brown. Spoon over cooked *spätzle* in a serving dish and serve with any meat dish.

Dried-fruit salad with sesame seed and garlic mayonnaise

500 g mixed dried fruit
500 ml (2 c) semi-sweet wine

SESAME SEED AND GARLIC MAYONNAISE

1 egg
10 ml (2 t) crushed garlic
15-25 ml (3-5 t) wine vinegar
salt and ground white pepper
15 ml (1 T) sesame oil
250 ml (1 c) sunflower oil
60 ml (4 T) shredded spring onions
15 ml (1 T) sesame seed, toasted

Soak dried fruit overnight in wine, then simmer in wine for \pm 20 minutes or until soft. Remove lid, raise temperature (by adding more hot coals) and reduce liquid. Spoon fruit into a dish and cool.

Meanwhile prepare home-made mayonnaise by combining egg, garlic, wine vinegar, salt and pepper in a food processor. Combine oils in a small jug and add to egg mixture in a thin stream, with the machine running. As soon as it is thick and smooth, add spring onions and fold in sesame seed. (Omit spring onions and sesame seed for plain garlic mayonnaise.) A commercial mayonnaise, seasoned with garlic, sesame oil, spring onions and sesame seed, may also be used.

Combine cooled fruit with mayonnaise and sprinkle with extra sesame seeds. Serve at room temperature.

(8 portions)

Hint

Toast sesame seed by stirring in a dry pan, without oil, at a low temperature until light brown, or toast in a preheated oven at 160 °C for \pm 6 minutes. (Shake pan occasionally.)

Spinach and apple salad with bacon

1 large unpeeled Golden Delicious apple, rinsed, halved and cored
juice of 1 lemon
4 rashers rindless bacon
400 g young spinach leaves, trimmed, rinsed, lightly patted dry and cut into 50 mm pieces
25 ml (5 t) natural yoghurt
1 recipe French salad dressing (p. 99)

Sprinkle apple with lemon juice (to prevent discoloration), dice or slice thinly and sprinkle with lemon juice again. Fry bacon in frying pan or grill over the coals. Break into small pieces or crumble.

Combine with apple and spinach in a mixing bowl or serving dish. Add yoghurt to salad dressing and mix well with a fork or place in an airtight container and shake thoroughly.

Just before serving, pour over salad ingredients and mix to cover ingredients with thin layer of salad dressing. Serve immediately.

(4 portions)

Sweet pepper salad

Serve as an accompaniment to any meat dish, or with fresh bread.

6 sweet peppers, preferably mixed colours (green, red and yellow)
125 ml ($\frac{1}{2}$ c) olive oil
2 garlic cloves, crushed with salt
salt and freshly ground black pepper
2,5 ml ($\frac{1}{2}$ t) dried oregano

Using long skewers or braai forks, pierce peppers lengthwise through the stalk ends.

Place directly on hot coals, turning regularly until peppers have blackened all round. Rinse under cold running water to make handling easier. Pull off black skins, cut out white rib sections and stalks and remove seeds under cold running water. Halve or cut into strips, pat dry on paper towels and transfer to a shallow dish or plate. Combine remaining ingredients and spoon over sweet peppers. Cover with clingwrap and marinate for at least 1 hour, turning occasionally and basting with marinade.

(6 portions)

Sweet potatoes over the coals

Unbelievably simple and simply delicious!

1 sweet potato per person, scrubbed and patted dry with paper towels
softened butter
aluminium foil, cut into squares
unsalted butter and freshly ground black pepper for serving

Baste sweet potatoes with softened butter and wrap in aluminium foil (shiny side in).

Grill directly on glowing coals for \pm 40 minutes. Using meat tongs, turn 90° ($\frac{1}{4}$ turn) every 10 minutes.

Cut open aluminium foil, slit sweet potato and serve with butter and freshly ground black pepper (for eating around the camp fire). For eating at home, remove sweet potato from aluminium foil and cut into concertina slices. Serve as described.

Easy vetkoek (p. 51) served with butter, Top from left to right: batter, wild plums, marula jelly and green-fig jam



Fried potatoes with onions

An old favourite served with venison that can be left to cook over the coals, while everyone relaxes.

500 g potatoes, peeled and covered with cold water
2 medium onions, peeled and thinly sliced into rings
salt and freshly ground black pepper
30 ml (2 T) sunflower oil
30 g (2 T) butter
15 ml (1 T) chopped fresh parsley

Cut potatoes into 2 mm thick slices and separate onion rings. Season potatoes and onions separately with salt and pepper. Sauté potatoes in oil and butter in a large frying pan for 2 minutes, turning occasionally. Add onions and fry for 4 minutes or until crisp and golden brown. Sprinkle with parsley.
(4 portions)

Warm potato salad

Serve lukewarm or at room temperature with grilled venison sausage or simple braai dishes.

2 large potatoes, cooked in their jackets, peeled and diced (while still hot)
15 ml (1 T) dry white wine
30 ml (2 T) chicken stock, prepared from 1/8 cube
1 recipe French salad dressing (p. 99) or 75-90 ml (5-6 T) commercial salad dressing (in the bush)
salt and freshly ground black pepper
15 ml (1 T) finely chopped chives
15 ml (1 T) chopped fresh parsley or 10 ml (2 t) dried parsley

Place hot potatoes in a shallow salad bowl. Sprinkle with wine, stock and salad dressing and season with salt and pepper. Leave until most of the liquid has been absorbed. Stir from time to time to combine flavours, taking care not to break the potatoes. Sprinkle with chives and parsley just before serving.
(4 portions)

Stuffed boer pumpkin cooked in a potjie

A winner around a camp fire, or at a dinner party at home!

1 boer pumpkin (2-3 kg), preferably unblemished, or any other round pumpkin
60 g (4 T) softened butter
4 shallots, chopped
250 g miniature sweetcorn, cut into 10 mm rings
250 ml (1 c) cream
125 ml (1/2 c) Gruyère or Cheddar cheese, grated
1 ml (1/4 t) freshly grated nutmeg
10 fresh sage leaves or 5 ml (1 t) dried sage
salt and freshly ground black pepper
250 ml croûtons fried in butter (p. 108) (optional)

Cut off top of pumpkin and set aside to serve as a lid later. Remove seeds and threads. Grease pumpkin and lid lightly inside with 30 g (2 T) butter.

Sauté shallots in remaining butter until translucent. Add mealies and stir for a few minutes. Add cream and bring to the boil. Remove from heat and add cheese. Pour into hollowed-out pumpkin, season with nutmeg, sage, salt and pepper and cover with pumpkin lid. Place in potjie into which pumpkin fits exactly. Cover with a lid and put a few small coals on top of the lid. Simmer for 2 hours at a low temperature (pumpkin will settle into the potjie during cooking). Just before serving, lift pumpkin lid and sprinkle croûtons over. Carefully remove from potjie, cut into wedges and place in a heated serving dish, or serve in the potjie.

(8-10 portions)

Hints

- For a less rich, more economical dish, substitute chicken stock for cream.
- If miniature sweetcorn is not available, use 410 g (1 can) whole-kernel or creamed sweetcorn. Leave out cream.
- This dish can also be baked in a baking dish at 180 °C for 2 hours.
- Garnish with fresh herbs.

Onion and bacon bread

A tasty bread for breakfast, a braai or with soup. Use a no. 4 flat-bottomed potjie.

6 x 250 ml (6 c) cake flour
12 ml (1 d) salt
10 ml (2 t) castor sugar
10 g (1 packet) instant yeast
100 g (7 T) butter
225 ml (15 T) lukewarm milk
225 ml (15 T) lukewarm water

TOP LAYER

4 rashers bacon, cut into thin strips
30 ml (2 T) butter or sunflower oil
4 medium onions, peeled and chopped
2 eggs, beaten
200 ml (3/4 c) sour cream
5 ml (1 t) caraway seed (optional)
salt and freshly ground black pepper

Combine flour, salt, sugar and yeast in mixing bowl. Melt butter in milk and add, with water, to dry ingredients. Mix thoroughly and knead until dough is elastic and no longer sticks to your hand. Place in greased potjie and cover with the lid (greased on the inside). Leave dough to rise in a warm place until it has doubled in bulk.

Meanwhile, prepare top layer. Sauté bacon in butter or oil until crisp. Remove and fry onions in pan fat until transparent. Drain bacon and onions well and mix with remaining ingredients. Brush risen dough with this mixture. Place potjie over coals and put a few small coals on the lid (be careful not to have too many coals or too hot a fire). Bake for ± 1 hour (± 45 minutes at 190 °C) in a preheated oven) or until bread sounds hollow when tapped.

Easy vetkoek

I think my mother bakes the very best vetkoek! This is the recipe that was passed on from her mother. Serve warm with butter and golden syrup, honey, marula or green-fig jam for breakfast or with braaivleis.

500 ml (2 c) cake flour
15 ml (1 T) baking powder
2,5 ml ($\frac{1}{2}$ t) salt
15-30 ml (1-2 T) sugar; optional
185 ml ($\frac{3}{4}$ c) milk
15 ml (1 T) water

1 egg, beaten
sunflower oil for shallow-frying

Sift flour, baking powder and salt into a mixing bowl and add sugar. Add milk and water to egg. Make a well in dry ingredients, add egg mixture and stir until smooth. Heat oil (\pm 10 mm deep) in a heavy-based frying pan at moderate temperature. Using 2 tablespoons, transfer mixture to hot oil. Make a slight hollow in the centre of oval-shaped dough (scrape dough to the sides with tablespoons so that they are thinner in the centre). Turn over as soon as air bubbles form on top. When vetkoeke are golden

brown on both sides, stand them against the side of the pan to brown and cook the edges. Add more oil, if necessary. Drain on paper towels and keep warm.

(12 vetkoeke)

Hints

- Only add sugar if serving vetkoek as a dessert.
 - Vetkoek can also be deep-fried; they turn over by themselves when cooked.
-





Pâtés, terrines and pies

Pâtés, terrines and savoury pies are equally at home on formal buffet tables, formal menus and in picnic baskets. The best are those made from venison or game birds, and there's a lot of room for creative cooking, as ingredients can easily be varied.

Earlier versions were called "pâté in a terrine" (terrine referring to the earthenware dish in which it is prepared) or "pâté in a pastry crust" (*en croûte* in French). *En croûte* is actually unnecessary, since pâté already means "with pastry". Since the development of domestic and commercial ovens, it is no longer necessary to protect the meat mixture from the heat by cooking it in pastry, and terrines are used instead of a pastry crust. However, we refer to "pâté in a terrine" as a *terrine*, and to "pâté in a pastry crust" as a *pâté*. Both dishes consist of a spicy minced meat mixture (*farce*), with or without the addition of fillet, liver and bacon strips, pistachio nuts, cognac, seasoning, and so on. It is cooked in a terrine lined with a layer of speck (terrine), or in a pastry crust with a layer of speck or caul fat (*pâté*).

Terrine mixtures are usually more robust and coarser than those for pâtés.

Venison and game birds form the main ingredients of the *farce*. Obviously, the meat must be a good quality and well ripened. Use the bones or the carcass to prepare stock, which also forms one of the ingredients. Adding pork and speck ensures succulence and a smooth, light texture. Chill the meats thoroughly before processing. The natural protein of the meat released during mincing and chopping, breadcrumbs with milk or cream, flour pasta (*panada*) and eggs are used as binding agents. Incidentally, a pâté is less inclined to be dry if the meat is chopped very finely rather than minced (use a food processor).

The ratio between lean and fat meat is important; $\frac{2}{5}$ venison or game bird flesh to $\frac{3}{5}$ pork and speck is the recommended ratio.

Testing whether cooked

- The fat around the terrine should be clear.
- The terrine should appear to be floating in the fat (or should come away from the sides or have shrunk).
- A skewer inserted in the centre should come out clean and should feel warm all over when held to the wrist or upper lip. If it feels cool in the middle, the cooking time must be extended.

Top centre: wild duck, Bottom centre and right: wild duck pâté (p. 54) served with pickled cherries and French bread

To press a terrine or pâté

Cut a piece of cardboard to fit the inside of the terrine and cover with aluminium foil. Place on top of the terrine or pâté. Place heavy objects, such as jam jars or tins of canned food (1 kg weight) on top and refrigerate overnight. If you intend keeping the pâté in the refrigerator for longer than a week, cover it with a layer of melted speck as soon as it is cold and firm.

Characteristics of a good terrine or pâté

- It must be moist, but not too greasy.
- It must be light pink in the centre, not grey.

General hints

- Do not bake a terrine for too long.
- The cooked terrine must be matured for at least 3-4 days in the refrigerator before use to develop and combine the flavours.

Wild duck pâté

Serve the pâté cold as a starter with French or whole-wheat bread. It is unnecessary to spread butter on the bread, although butter can be served separately. Serve red wine with pâté.

1 wild duck (\pm 1 kg)
 15 g (1 T) softened butter
 salt and freshly ground black pepper
 500 g pork fillet, or half lean veal and half pork fillet
 250 g pickled pork
 125 g speck, half of it diced
 7.5 ml ($1\frac{1}{2}$ t) salt
 125 ml ($\frac{1}{2}$ c) dry white wine
 30 ml (2 T) cognac or brandy
 2 garlic cloves, crushed with salt
 5 juniper berries, finely ground
 5 black peppercorns, finely ground
 1 ml (pinch) ground cinnamon
 350 g speck, cut into thin slices, or bacon rashers
 2 small eggs, beaten

Preheat oven to 200 °C. Cut the bird along both sides of the backbone, keeping drumsticks attached to the back. There should now be two pieces: the breast section attached to the breastbone and the drumsticks attached to the back. Rub meat with softened butter and sea-

son with salt and pepper. Grill the back and drumsticks for 20 minutes and the breast section for 15 minutes. Cool until you can handle the meat. Remove the skin and all sinews and cut the meat off the carcass. Set carcass and sinews aside.

Mince all the meat. Add diced speck, wine, cognac and seasoning and mix well. Leave for at least 1-2 hours. Meanwhile, line the terrine with speck or bacon rashers.

Preheat the oven to 160 °C. Beat eggs into meat mixture, spoon into a terrine and smooth the top. Fold the overlapping speck or bacon rashers back over the mixture to cover it or place additional bacon rashers over the top.

Place in a *bain-marie* of boiling water and bake for $1\frac{1}{2}$ hours, uncovered, or until cooked (p. 108). Remove from the *bain-marie* and cool at room temperature. Press and chill.

(8-10 portions)

Hint

Brown the reserved carcass and sinews in a little sunflower oil and add chopped onion, carrots and celery stalk. Cover with cold water and season with salt, pepper, herbs and a little tomato purée. Bring to simmering point and skim off the scum. Simmer until \pm 125 ml ($\frac{1}{2}$ c) remains. Strain and reduce until 30 ml (2 T) meat jelly (aspic) remains. Add to meat mixture before spooning into a terrine – it provides additional flavour.

Quail pie

10 quails
 200 g ($\frac{3}{4}$ c) butter
 10 rashers streaky bacon, diced
 2 kg Golden Delicious apples, peeled, cored and diced
 500 ml (2 c) raisins
 salt and freshly ground black pepper
 5 ml (1 t) ground cinnamon
 75 g (5 T) cold butter, cut into 10 squares
 200 ml ($\frac{3}{4}$ c) cognac or brandy
 500 g puff pastry or short-crust pastry (p. 58), prepared the previous day, or commercial pastry
 250 ml (1 c) sweet wine (marsala or jerepigo)
 3 juniper berries, bruised
 1 egg beaten with pinch of salt, for glazing

1 carrot, peeled and finely chopped
 1 small shallot, finely chopped
 $\frac{1}{2}$ celery stalk, finely chopped
 500 ml (2 c) chicken stock, prepared from 1 cube
 12 ml (1 d) arrowroot or maize flour (p. 109)
 salt and freshly ground black pepper

Cut birds open along backbone, cut meat all along the breastbone and remove the backbone, breastbone and rib bones. Reserve bones.

Heat half the butter in a frying pan and fry bacon until golden brown. Add apples and raisins and fry at a moderate temperature until apples brown. Season with salt, pepper and cinnamon. Spoon onto a plate and cool.

Stuff birds with apple filling and a knob of cold butter. Truss to retain shape, or secure with toothpicks. Season with salt and pepper. Heat remaining butter in the same pan and rapidly sauté the birds on both sides. Pour cognac over and flambé. Transfer to a plate, using a slotted spoon, and cool. Remove string.

Preheat the oven to 200 °C (for short-crust pastry) or 230 °C (for puff pastry). Roll pastry out to 3 mm thick, place the pie dish upside down on the pastry and cut out lining 10 mm larger than the dish. Cut a strip of pastry to fit around the edge of the dish and press down lightly. Arrange birds in the dish and spoon remaining apple filling over. Pour $\frac{1}{2}$ the sweet wine over and flavour with berries. Moisten pastry edge with water and place a large piece of pastry on top. Press down lightly with your fingers, trim pastry and crimp edges. Decorate pie with off-cuts. Prick top of pastry with a fork, or make a few holes in it, or use a porcelain funnel for the steam to escape. Brush pie with egg glaze and bake for 15-18 minutes. Cover with aluminium foil, reduce the temperature to 180 °C and bake for 30-40 minutes.

Meanwhile prepare sauce. Sauté bones until brown in the remaining butter in the same pan in which the birds were fried. Add carrot, shallot and celery and fry for 5 minutes. Add stock and stir to loosen brown particles. Add remaining sweet wine and boil rapidly for 5 minutes. Strain into saucepan and bring to the boil again. Thicken with arrowroot mixed with a little water and season with salt and pepper.

Remove the pastry lid before serving and pour a quarter of the sauce into pie dish. Carefully cut the pastry lid with a bread knife (it will be easier to serve).

Place puff pastry wedges upside down in a lukewarm oven to dry out slightly and return just before serving. Serve remaining sauce in a gravy boat.
(5 portions)

Hostess's special guinea fowl terrine

Serve with crisp French bread. Two guinea fowl are required for this recipe.

FARCE 1

250 g pickled pork belly, pancetta or unsmoked pork, diced
150 g (10 T) butter
250 g guinea fowl thighs and drumsticks without skin, sinews or bone
250 g chicken livers
5 mushrooms, chopped
1 large sprig of thyme or 5 ml (1 t) dried thyme
1 bayleaf, and a few extra for garnish
4 juniper berries, and a few extra for garnish
2 shallots, chopped
salt and freshly ground black pepper
1 ml ($\frac{1}{4}$ t) four-spice mixture (p. 14)
150 ml ($\frac{2}{3}$ c) sweet wine (jerepigo or marsala)
3 eggs, beaten
150 ml ($\frac{2}{3}$ c) fat-free reduced stock, prepared from guinea fowl carcasses, skin and seasoning vegetables (p. 14)

FARCE 2

250 g guinea fowl breast meat, without skin and sinews
100 g veal, without sinews
100 g lean pork, without sinews
350 g speck
salt and freshly ground black pepper
2 eggs
125 ml ($\frac{1}{4}$ c) brandy
350 g sheets of speck or unsmoked bacon rashers
250 g cold cooked ox or venison tongue, skin removed, diced
60 ml (4 T) pistachio nuts, blanched (p. 55) (optional)
juniper berries and bayleaves for garnish (optional)

Prepare farce 1 by sautéing pork belly in 50 g (10 t) butter. Transfer to a plate with a slotted spoon. Fry guinea fowl thighs and drumsticks until firm and set aside with pork belly. Sauté liver rapidly until lightly browned and return pork and guinea fowl meat to the pan. Add mushrooms, thyme, bayleaf, berries, shallots,

seasoning and spices and fry for 2 minutes. Turn out onto a large plate and cool. Pour wine into pan and stir to loosen brown particles. Strain wine into reduced stock in bowl.

Place fried ingredients in a food processor, switch on and add eggs one at a time, followed by remaining butter and stock mixture. Rub purée through a fine sieve into a metal dish and refrigerate in a dish of water and ice.

Prepare farce 2 by combining meats and chopping finely, in batches, in a food processor. Add seasoning and eggs alternately with brandy. Rub through a fine sieve into a metal dish. Chill as for farce 1 and refrigerate overnight or for 12 hours to mature.

Line terrine with sheets of speck or bacon rashers.

Test the taste of farce 1 and 2 by frying fricadels of each in a pan. Season, if necessary. Fold tongue and nuts into farce 2.

Preheat oven to 160 °C. Alternately spoon farce 1 and 2 into a lined terrine (begin with farce 1). Fold sheets of speck or bacon rashers back or cover with additional rashers. Garnish top with bayleaves and berries. Cover with aluminium foil and the lid.

Place in a *bain-marie* of boiling water and bake for 1½-2 hours. Remove from the *bain-marie* and cool at room temperature. Press (p. 54), chill and mature in the refrigerator for at least 2 days.

Slice and serve from the terrine.
(12-15 portions)

Hint

Serve a slice of terrine with a few young radishes or other young vegetables on a bed of mixed lettuce leaves, as a starter with bread.

Game terrine

Serve with pickles, gherkins and whole-wheat or French bread.

350 g rindless bacon rashers
500 g game (such as buck or rabbit) without sinews, cut into 10 mm wide strips
125 g uncooked ham, diced
125 g speck, cut in 6 mm x 6 mm x 300 mm strips
60 ml ($\frac{1}{4}$ c) brandy
60 ml ($\frac{1}{4}$ c) sweet wine (jerepigo)
1 ml (1 t) four-spice mixture (p. 14)

5 ml (1 t) grated orange rind
3 juniper berries, bruised
salt and freshly ground black pepper
500 g fat pork, diced
2 eggs, beaten
60 ml ($\frac{1}{4}$ c) pistachio nuts, shelled and blanched (optional)
2 bayleaves

Line terrine with bacon rashers, but set 3 rashers aside. Place half the game strips in a mixing bowl, with the diced ham, strips of speck, brandy, sweet wine, four-spice mixture, rind, juniper berries and seasonings. Mix well by hand. Cover and marinate for 2-3 hours. Turn occasionally.

Coarsely grind remaining game, with the pork, and chill in the refrigerator.

Drain the marinated meat in a sieve over the bowl. Add strained marinade to minced meat mixture and beat to mix well. Chill farce for at least 1 hour in refrigerator.

Add egg to farce, with the nuts, salt and pepper. Shape a fricadel and fry in a pan. Taste and season, if necessary.

Spoon a quarter of the mixture into terrine and smooth the top by hand. Arrange $\frac{1}{3}$ of the meat strips, diced ham and strips of speck over the top and press down lightly. Repeat layers, ending with a farce layer. Cover with remaining bacon rashers and 2 bayleaves.

Preheat oven to 230 °C. Roll out the pastry to 6 mm thick. Cut a pastry lid 10 mm larger than the pie dish. Roll out off-cuts into a long strip to fit around the edge. Moisten with water and press down lightly. Spoon cold filling into dish and cover with the pastry lid. Prick weight (p. 54) and chill in the refrigerator. Slice while still in the terrine, or turn out first.

(10 portions)

Hint

To blanch pistachio nuts: Place shelled pistachio nuts in a small saucepan of boiling water. Boil for 1 minute, then pour off water. Cover nuts with cold water and remove skins. Place in a heated oven for a few minutes to dry.

Venison pie

Serve hot with fruit jelly in a small bowl.

MARINADE

30 ml (2 T) marula, redcurrant or quince jelly
30 ml (2 T) red wine vinegar
60 ml (4 T) port or sherry
125 ml (½ c) dry red wine
60 ml (4 T) sunflower oil
½ onion, peeled and chopped
1 fresh rosemary sprig, bruised, or 5 ml (1 t) dried rosemary
3 juniper berries, bruised
5 ml (1 t) four-spice mixture (p. 14)
1 ml (¼ t) each salt and freshly ground black pepper

1,75 kg shoulder of venison, cut into 25 mm cubes
30 g (2 T) butter
sunflower oil (optional)
125 g bacon (preferably 2 thick slices), cut in strips
1 onion, peeled and coarsely chopped
1 garlic clove, peeled and chopped
125 g button mushrooms, cut into quarters
500 g lamb shank, cut into 25 mm thick slices
30 ml (2 T) seasoned cake flour (p. 109)
100 g speck, diced
1 whole onion, peeled and studded with 3 cloves
5 ml (1 t) salt
5 ml (1 t) freshly ground black pepper
spray of fresh herbs (p. 109)
± 500 ml (2 c) venison stock (p. 28), boiling hot
65 ml (¼ c) toasted hazelnuts, ground
200 ml (¾ c) sour cream
500 g puff pastry, prepared the previous day (p. 58), or commercial puff pastry
1 egg beaten with pinch of salt, for glaze

Melt jelly and add remaining marinade ingredients. Marinate venison for 1-2 days.

Drain meat and pat dry. Strain marinade. Heat butter in a frying pan, fry bacon until crisp and remove with a slotted spoon. Fry the onion in fat until translucent and stir in the garlic. Add mushrooms and sauté at a high temperature until lightly browned. Add to the bacon with a slotted spoon. Sauté the lamb shank in pan fat until browned. Remove from heat and set aside. Dust meat with seasoned flour and shake off the excess. Add sunflower oil to pan fat, if necessary. Brown pieces of meat in

the remaining pan fat and place in a casserole dish with the lamb shank. Add bacon, onion, garlic and mushrooms to meat.

Pour fat from pan and deglaze with strained marinade. Pour over meat and add diced speck, the onion studded with cloves, salt, pepper, herbs and stock. Cover and heat. Reduce the temperature and simmer for 3½-4 hours or until the meat is very tender. If it boils dry, replenish the liquid with stock or red wine.

Remove bones and herbs and flake large pieces of meat, if necessary. Return meat to the liquid. Add nuts and sour cream. Stir to mix thoroughly, taste and season, if necessary. Cool meat mixture.

Preheat oven to 230 °C. Roll out the pastry to 6 mm thick. Cut a pastry lid 10 mm larger than the pie dish. Roll out off-cuts into a long strip to fit around the edge. Moisten with water and press down lightly. Spoon cold filling into dish and cover with the pastry lid. Prick pastry with a fork, cut a few slits in it or place a porcelain funnel in the centre beforehand for steam to escape. Decorate with pastry shapes, brush with egg glaze and bake for 15 minutes at 230 °C. Reduce the temperature to 180 °C and bake for 30-35 minutes. Cover the pastry loosely with aluminium foil if it browns too quickly.

(6 portions)

Pheasant pie

Serve hot with a fresh apple, walnut and celery salad.

1 pheasant, cleaned
salt and freshly ground black pepper
125 g bacon rashers, cut into thin strips
30 g (2 T) cold butter
125 g (½ c) butter
375 ml (½ bottle) riesling
125 ml (½ c) chicken stock plus extra (optional)
25 g (5 t) beurre manié (p. 108)
200 g ribbon noodles, preferably homemade
250 g button mushrooms, sliced
1 large sprig of thyme or 5 ml (1 t) dried thyme
250 g short-crust pastry, prepared in advance (p. 58), or commercial short-crust pastry
1 egg beaten with a pinch of salt, for glazing

Season stomach cavity of bird with salt

and pepper. Place bacon strips and a piece of cold butter in the cavity. Truss bird and season with salt and pepper. Melt 30 g (2 T) butter in a casserole dish and brown the bird in it. Add ½ the wine and cover. Bring to the boil and simmer gently at a low temperature until the meat is tender. (The cooking time will depend on how tough the bird is.) Add stock to liquid, if necessary.

Transfer the bird to a plate and cool. Pour remaining wine into the casserole and reduce by half. Add stock and bring to the boil. Thicken sauce with *beurre manié*. Season and cool.

Boil ribbon noodles to *al dente* and rinse under warm water. Stir in 45 g (3 T) butter to prevent sticking and season with salt and pepper.

Remove string and cut bird into portions. Season lightly with salt and pepper. Remove as many bones as possible. Place bacon rashers in the frying pan, fry until crisp and add to bird.

Sauté mushrooms in the remaining butter until soft, or the liquid has been absorbed. Season with thyme, salt and pepper and add to bird. Cool.

Grease a flat-edged pie dish with butter and add ½ the ribbon noodles. Arrange the bird, bacon and mushrooms on top and pour sauce over. Spoon remaining ribbon noodles over and dot with butter.

Preheat the oven to 190 °C. Roll out short-crust pastry, ± 6 mm thick, place pie dish upside down on pastry and cut out pastry 10 mm larger than dish. Press off-cuts together and roll out. Cut long, narrow strips to fit around the edges of the dish (join, if necessary) and press down lightly. Moisten edges of pastry with water and place pastry lid on top. Press down lightly with your fingers, trim and crimp the edges. Decorate the pie with off-cuts. Prick pastry with a fork, cut a few slits in it or place a porcelain funnel in the centre beforehand for steam to escape.

Brush pastry with egg glaze and bake for 35 minutes or until golden brown and baked through.

(6 portions)

Venison pie served with marula jelly



Quick Bushveld terrine

500 g venison without sinews, finely chopped or coarsely ground
500 g each pork and speck, finely chopped or coarsely ground
500 g venison liver, finely chopped or coarsely ground
100 ml (7 T) brandy
200 g (2 c) fresh breadcrumbs (p. 108)
1 large onion, peeled and finely chopped
30 g (2 T) butter
3 large garlic cloves, crushed with salt
30 ml (2 T) finely chopped fresh parsley
5 ml (1 t) finely grated lemon rind
10 ml (2 t) mixed spice
15 ml (1 T) mixed dried herbs
15 ml (1 T) each salt and freshly ground pepper
4 large eggs, beaten
large piece of caul fat or 350 g bacon rashers
100 g long, thin sheets of speck, cut into 100 mm long strips

Preheat oven to 180 °C. Thoroughly combine ingredients, except caul fat and speck, using your hands or beating with a wooden spoon.

Line terrine with caul fat and allow to overlap. Spoon *farce* into terrine and arrange strips of speck in a crisscross pattern on top. Fold caul fat back and press firmly to seal.

Bake for 1½ hours or until cooked (p. 53). Allow to cool at room temperature. Press terrine (p. 54), chill and refrigerate to mature.
(8-10 portions)

Hot pâté in a crust

Start preparation the previous day or a few days in advance. I generally use a mould for this pâté, but these have unfortunately become very expensive and are not easy to find either. A bread pan with a hinged base is also suitable, but is not essential, for this recipe. Serve hot or cold with a cabbage dish or a salad.

350 g venison, sinews removed, diced
225 g speck, diced
225 g rindless pork belly, diced
1 onion, peeled and chopped
2 garlic cloves, peeled and chopped
5 juniper berries, bruised
2 ml (½ t) four-spice mixture (p. 14)
salt and freshly ground black pepper
30 ml (2 T) brandy

60 ml (¼ c) dry white wine
250 g ham, cut into 2 slices, 10 mm thick, and into strips, or 250 g pork fillet
1 egg
3 pickled walnuts, rinsed (obtainable at delicatessens), quartered, or stoned, lightly cooked prunes
450 g short-crust pastry, prepared the previous day (p. 58), or commercial pastry
1 egg beaten with a pinch of salt, for glaze

Combine venison, speck and pork belly and chill well. Finely chop meat, in batches, in a food processor (with the steel blade). Turn out into a mixing bowl and add onion, garlic, berries and spices. Combine brandy and wine and add 60 ml (¼ c) to meat mixture. Beat well with a wooden spoon. Marinate the *farce*, preferably overnight, or for 12 hours, in the refrigerator. Pour remaining marinade over the ham strips, cover and refrigerate.

Beat egg and add to *farce*. Fry a small *farce* fricadel, taste and season if necessary. Pour off marinade and fold ham into *farce*.

Preheat the oven to 200 °C. Cut ⅓ pastry off, cover and refrigerate. Roll remaining pastry out into a 250 mm x 360 mm rectangle. Place on a large baking sheet and cut sides to straighten. Spoon ½ the *farce* along the length and smooth with a spatula. Leave a 50 mm pastry edge all round. Arrange ham strips on top, crosswise, and walnuts down the centre. Cover with remaining *farce* and smooth. Fold the pastry edges up, shape mitred corners and trim. Moisten the pastry with water and press the corners together. Roll out and cut remaining pastry into a rectangle large enough to fit on top. Moisten pastry edges with water and place on top of filling. Cut off-cuts of pastry into decorative shapes and arrange on top of the pastry lid. Make a small hole in the pastry and place a tube of soft cardboard inside (to prevent the hole from closing during baking) to let steam escape. Brush with egg glaze and bake for 15 minutes. Reduce the temperature to 160 °C and bake for 1-1½ hours. Cover lightly with aluminium foil if the pastry browns too rapidly.
(6-8 portions)

Short-crust pastry

This recipe is sufficient for 1 medium pie.

500 ml (2 c) cake flour
pinch salt
110 g (7 T + 2 t) butter
60 g (4 T) firm margarine
1 egg yolk
45 ml (3 T) iced water

Sift dry ingredients together in a mixing bowl. Cut the cold butter and margarine into the flour with a knife and rub in lightly with your fingertips. Beat egg yolk and add iced water. Make 3 wells in the flour and add the liquid. Mix quickly with a knife or spatula. Turn out onto a marble cutting board and knead lightly until ingredients adhere. Place pastry in a plastic bag and refrigerate for 1 hour before using.

Preheat the oven to 200 °C. Roll out pastry and bake for 10-12 minutes (without filling), or 35 minutes (with filling) or until golden brown.

Puff pastry

This recipe is sufficient for 1 large and 1 small pie.

4 x 250 ml (4 c) cake flour, sifted
90 g (6 T) cold unsalted butter
250 ml (1 c) iced water
5 ml (1 t) salt
360 g (24 T) butter

Sift all but 60 ml (4 T) flour into a mixing bowl and work butter in with a knife. Rub lightly with your fingertips until the mixture looks like fine breadcrumbs. Make 3 wells in the flour, add iced water mixed with salt and mix with a spatula. Turn out onto a marble cutting board and knead lightly until ingredients adhere. Place pastry in a plastic bag and chill for 1 hour.

Combine the remaining flour with the remaining butter to form a paste, and shape into a 120 mm square. Wrap in paper and chill.

Dust a marble cutting board with flour and roll out the pastry to a circle 340 mm in diameter. Keep it thickish in the centre. Place a square of butter on this spot, fold sides over butter and press seams together. Roll out pastry to form a 400 mm x 200 mm rectangle and fold into thirds, like an envelope. Seal the edges with a rolling pin. Turn the pastry

to the right, with the top on the right side. Repeat rolling and folding. Make two notches with your fingers to indicate the number of times the pastry has been rolled. Place the pastry in a plastic bag and refrigerate for 1 hour.

Roll, fold and turn pastry twice more, marking with notches each time (6 turns). Rest pastry for 2 hours after sixth fold, then roll into required thickness or shape. To rest, place on greased paper on a baking sheet or in a pie dish in the refrigerator.

Bake in a preheated oven at 230 °C for 15-18 minutes. Reduce the temperature to 180 °C and bake for 30-35 minutes or until baked through and golden brown. Protect the pastry by covering it lightly with aluminium foil after 20 minutes, if it browns too rapidly.

Hare terrine

2 hares (\pm 4 kg)
750 g pork speck, very thinly sliced

MARINADE

5 ml (1 t) four-spice mixture (p. 14)
100 ml (7 T) rum
100 ml (7 T) olive oil

FARCE

250 g pork belly, diced and well chilled

250 g veal, diced and well chilled
liver and heart (optional)
250 g pork speck, minced and well chilled
10 ml (2 t) salt
freshly ground black pepper
5 ml (1 t) four-spice mixture (p. 14)
1 large sprig of fresh thyme or 10 ml (2 t) dried thyme
5 juniper berries, bruised
grated rind of $\frac{1}{2}$ a lemon
100 ml (7 T) cognac or brandy

STOCK

1 large onion, peeled and chopped
2 carrots, peeled and chopped
1 celery stalk, chopped
salt and freshly ground black pepper
15 ml (1 T) mixed dried herbs
spray of fresh herbs (p. 109)
500 ml (2 c) dry white wine

Cut back and saddle from carcass. Remove sinews (especially on back); try to retain largish pieces. Choose the best pieces (just enough for one layer in the terrine). Place a single layer of meat in terrine. Combine marinade ingredients and pour over meat. Cover and refrigerate.

Coarsely chop or mince the remaining hare meat, then mince once again with pork belly, veal, liver and heart. Spoon *farce* into a stainless steel dish resting in iced water. Beat minced pork speck a

little at a time into *farce* and season with salt, pepper, four-spice mixture, thyme, berries, rind and cognac. Chill in the refrigerator for 4 hours.

Chop carcass (including head) into small pieces and place in a large saucepan with onion, carrot, celery, spices, herbs and wine. Add enough water to cover bones. Skim off the scum and boil, uncovered, at a moderate temperature or until considerably reduced and richly flavoured. Strain liquid through a sieve and then through damp muslin. Pour liquid back into a clean saucepan, bring to the boil and scoop off scum and fat. Reduce to 90 ml (6 T) meat jelly. Pour into a small dish and chill. Add to *farce*.

Line a large terrine with slices of pork speck. Test flavour by frying a small *farce* fricadel in a pan. Season if necessary.

Drain marinated meat and wrap in thin pork speck slices.

Preheat the oven to 180 °C. Spoon half the *farce* into a terrine and arrange meat wrapped in pork speck slices on top. Cover with the remaining *farce* and pork speck slices. Seal terrine with aluminium foil and lid. Place in a *bain-marie* of boiling water and bake for 2-3 hours.

Test whether done (p. 53). Remove from *bain-marie* and cool at room temperature. Press with a 1 kg weight (p. 54) and refrigerate until set. Serve after 3 days or within a week.

(20 portions)





Family food fit for entertaining

The credo of my cookery school is: Make good cooking your life style!

Good cooking should be a way of life, not be practised for guests only. I don't mean using expensive, or the most exotic, ingredients; it's more important to use fresh, good quality, seasonal ingredients, cooked by the best, simplest methods to bring out all their goodness.

Having this approach, you can entertain the smartest of guests using family recipes. The pleasure and satisfaction derived from preparing and presenting a superb meal are more than sufficient reward – and they inspire you for next time! The best part of cooking is that you can share a meal, your own creation, with others.

Leftover venison

Serve with stewed dried fruit or dried-fruit salad with sesame seed and garlic mayonnaise (p. 48).

30 g (2 T) butter
30 ml (2 T) sunflower oil
± 4 onions (400 g), peeled and chopped
salt and freshly ground black pepper
400 g potatoes, peeled and cut into 3 mm slices
350 ml (1 c + 7 T) milk
1 ml (¼ t) freshly grated nutmeg
± 1 kg cooked venison, such as leg or loin, thinly sliced
60 ml (4 T) venison stock (p. 28) or meat gravy
5 ml (1 t) mixed dried herbs such as marjoram, thyme, savory and crumbled bayleaves

Venison fricadels with creamed brinjals (p. 63) served with plain polenta (p. 47)

1 garlic clove, peeled and finely chopped

125 ml (½ c) cream

125 ml (½ c) Gruyère or Cheddar cheese, grated (optional)

Grease an ovenproof dish with half the butter. Sauté the onions until translucent in the remaining butter and oil, at a low temperature. Season with salt and pepper.

In a large saucepan, heat the potatoes with the milk, 5 ml (1 t) salt and nutmeg. Simmer for 12 minutes. Remove with a slotted spoon, reserving milk.

Heat oven to 200 °C. Spoon ½ the onions into the dish and arrange meat slices on top. Sprinkle with stock and season with salt, pepper and herbs. Spoon remaining onions and garlic over and arrange potato slices on top in rows. Season well with salt and pepper. Pour milk over and cover with cream. Sprinkle with cheese. Bake for ± 25 minutes, then brown under the grill.

(6-8 portions)

Minced meat patties with herb and cream sauce

Makes a lovely brunch or main meal. Make a large quantity and freeze for later use. Serve with maize soufflé (p. 107).

1 small onion, peeled and chopped
30 ml (2 T) butter
400 g minced venison (from tougher cuts)
350 g minced lamb or fat pork
5 ml (1 t) fresh thyme or 2 ml (½ t) dried thyme
1 ml (¼ t) freshly grated nutmeg
salt and freshly ground black pepper
1 egg
125 ml (½ c) cake flour
15 ml (1 T) sunflower oil
30 g (2 T) butter

SAUCE

30 ml (2 T) wine vinegar
500 ml (2 c) cream
¼ chicken stock cube, crumbled
salt and freshly ground black pepper
1 ml (¼ t) freshly grated nutmeg
45 ml (3 T) fresh mixed herbs such as basil, parsley, chives, chervil and mint, chopped, or half the quantity of dried herbs

Fry onion in butter until translucent and add to the meat in a mixing bowl, together with the thyme, nutmeg, salt, pepper and egg. Beat to mix well. Shape the meat into flat, round patties measuring 80 mm x 20 mm. Dust with flour just before cooking, and shake or brush off excess. Sauté patties in oil and butter on both sides until golden brown (± 5 minutes per side for rare). Keep warm.

Pour excess fat from frying pan and deglaze with wine vinegar. Add cream and reduce until quite thick. Season with stock cube and seasonings.

Arrange meat patties in a serving dish, pour sauce over and serve immediately. (12 patties)

Venison meat loaf with mustard sauce

Serve with fruit chutney, pickles, potato salad, crisp French bread or any potato purée dish.

500 g courgettes, scrubbed, topped and tailed and cut into 3 mm thick strips

90 ml (6 T) olive or sunflower oil
500 g minced venison
500 g minced fat pork
125 g bacon rashers, coarsely chopped
2,5 ml (½ t) four-spice mixture (p. 14)
5 ml (1 t) fresh sage or 2 ml (½ t) dried sage (optional)
1 garlic clove, crushed with salt
12 ml (1 d) salt
7,5 ml (1½ t) freshly ground black pepper
5 ml (1 t) grated lemon rind
60 ml (4 T) port or jerepigo
25 ml (5 t) cognac or brandy
15 ml (1 T) wine vinegar

SAUCE

500 ml (2 c) venison stock (p. 28) or chicken stock
500 ml (2 c) cream
500 ml (2 c) semi-sweet white wine
15 ml (1 T) strong prepared mustard
2,5 ml (½ t) mustard powder
25 ml (5 t) lemon juice
salt and freshly ground white pepper

Fry courgettes quickly in oil until golden brown. Drain in a colander over mixing bowl. Line a bread tin (capacity 1,5 l or 6 c) with courgette strips, slightly overlapping.

Combine meat and other ingredients lightly but thoroughly in a large mixing bowl. If possible, allow to stand for a few hours to combine flavours, or refrigerate overnight.

Preheat oven to 160 °C. Spoon meat into the lined bread tin and smooth the top. Bake for 1½ hours in a *bain-marie* of boiling water. Cover lightly with aluminium foil if the dish browns too rapidly. Cool at room temperature, then chill in the refrigerator.

To prepare mustard sauce, reduce stock, cream and wine to ⅓, without lid. Combine 2 mustards, stir in and beat until smooth. Flavour with lemon juice, salt and pepper. Turn loaf out onto a serving plate. Serve sauce separately.

(8-10 portions)

Hint

Don't line the bread tin with courgettes; serve separately as a crisp green vegetable, for a family meal.

Venison bobotie

Serve with rice and sambals (p. 67).

¼ loaf white bread, crusts removed, crumbled
125 ml (½ c) cream
1 kg minced venison
1 kg minced pork
45 ml (3 T) sunflower oil
30 g (2 T) butter
2 onions, peeled and chopped
2 apples, peeled and grated
60 ml (4 T) curry powder
20 ml (4 T) turmeric
30 ml (2 T) peach chutney or fruit chutney
30 ml (2 T) unblanched almonds, coarsely chopped
15 ml (1 T) seedless raisins
30 ml (2 T) lemon juice
salt and freshly ground black pepper
125 ml (½ c) cream
125 ml (½ c) buttermilk or natural yoghurt
4 eggs, beaten
5 ml (1 t) grated lemon rind
4 lemon or bayleaves

Soak bread in cream.

Fry meat in ½ the oil and butter until brown. Drain in a colander and reserve meat juices. Set aside. Sauté onions in remaining oil and butter until translucent, and add apples, curry powder and turmeric.

Preheat oven to 200 °C. Thoroughly combine meat, onion mixture, bread with cream, chutney, almonds, raisins, lemon juice, salt and pepper. Taste and season, if necessary.

Reduce meat juices to 30 ml (2 T) and add to meat mixture. Spoon into an ovenproof dish, smooth the top and bake for 10 minutes.

Combine the cream, buttermilk, eggs and lemon rind and season with salt and pepper.

Press lemon or bayleaves into meat and carefully pour custard over. Reduce temperature to 180 °C and bake for 45 minutes or until golden brown. Serve hot from the dish.

(8-10 portions)

Quick-fried venison steaks with sour cream

Serve with any potato dish or jacket potatoes and a tossed crisp salad.

QUICK MARINADE (OPTIONAL)

250 ml (1 c) dry red or white wine
freshly ground black pepper
30 ml (4 T) olive or sunflower oil
1 bayleaf, crumbled
pinch of salt

4 springbok loin steaks, sinewy edges removed, or rib chops
salt and freshly ground black pepper
15 ml (1 T) each olive or sunflower oil and butter
250 ml (1 c) sour cream
fresh watercress or parsley for garnish

Combine marinade ingredients and marinate meat for 30 minutes–4 hours. Drain meat and strain marinade through a sieve into a small saucepan. Reduce marinade to one-third. Strain through a sieve.

Meanwhile, pat meat dry and season with salt and pepper. Sauté ± 3 minutes on each side in oil and butter at a moderately high temperature. Keep warm.

Pour off pan fat, add sour cream and reduced marinade to pan and boil for 2 minutes. Taste and season, if necessary. Spoon over meat, grind pepper over and garnish with watercress.

(4 portions)

Venison fricadels with creamed brinjals

Serve with buttered ribbon noodles or plain polenta (p. 47).

2 slices bread, crusts removed
125 ml (½ c) cream or milk
250 g minced venison
250 g minced lamb or pork
salt and freshly ground black pepper
2,5 ml (½ t) four-spice mixture (p. 14)
5 ml (1 t) fresh thyme or 2,5 ml (½ t) dried thyme
1 egg, beaten
45 ml (3 T) sunflower oil
1 large onion, peeled and chopped
1 red or green sweet pepper, cut into long strips
500 g firm red tomatoes, skinned, seeded and chopped
50 ml (10 t) chopped fresh parsley or 15 ml (1 T) dried parsley
1 kg brinjals
45 g (3 T) butter
30 ml (2 T) cake flour
300 ml (1¼ c) milk
1 ml (¼ t) freshly grated nutmeg
50 ml (4 T) cream
125 ml (½ c) Gruyère or Cheddar cheese, grated

Soak bread in cream. Place meat in mixing bowl and add salt, pepper, four-spice mixture, thyme and egg. Mash bread with a fork and add to meat mixture, together with cream. Beat well (1 minute with an electric mixer). Shape balls the size of walnuts and sauté in heated oil until golden brown. Remove with a slotted spoon. Fry onion in pan fat until translucent, add sweet peppers and fry for 2 minutes. Add tomatoes and parsley and season with salt and pepper. Spoon meat balls into the sauce in the frying pan and simmer for 5–10 minutes. Remove from heat.

Meanwhile, place brinjals under a preheated grill and turn occasionally until skin blackens. Pull off skin, press out indigestible juice and purée brinjals in food processor.

Melt butter in a saucepan, remove from heat and stir in flour. Add heated milk and stir until smooth. Simmer for 5 minutes and add nutmeg, cream, brinjal purée and cheese. Stir and heat to melt cheese. Heat fricadels in tomato sauce until warmed through. Spoon creamed brinjal into a heated serving dish and place fricadels with tomato sauce on top.

(6 portions)

Warthog or bushpig with citrus sauce and spring onions

Serve with couscous (p. 107) or krummelpap (p. 47).

MARINADE

juice of 2 oranges
juice of 1 lemon
rind of 1 orange, cut in one long, thin strip
60 ml (4 T) sunflower oil
2,5 ml (½ t) ground cinnamon
2,5 ml (½ t) four-spice mixture (p. 14)
5 ml (1 t) shredded fresh oregano or 2,5 ml (½ t) dried oregano
2 garlic cloves, crushed with salt
salt and freshly ground black pepper
30 ml (2 T) brown sugar
30 ml (2 T) soya sauce

1 kg shoulder of warthog or bushpig without bones and sinews, cut into 25 mm cubes
125 g unsmoked pickled pork, diced
30 ml (2 T) sunflower oil
1 onion, peeled and chopped

1 carrot, peeled and chopped
1 celery stalk, chopped
2 large tomatoes, skinned, seeded and chopped
spray of fresh herbs (p. 109)
± 375 ml (1½ c) venison stock (p. 28) or chicken stock
salt and freshly ground black pepper
10 ml (2 t) arrowroot or cornflour (p. 108)
45 ml (3 T) finely shredded spring onion or 30 ml (2 T) chopped parsley

Combine marinade ingredients and marinate meat overnight, or for 24 hours.

Fry pickled pork in heated oil in a casserole dish until crisp. Remove. Drain meat in a colander (reserve marinade). Pat meat cubes dry on paper towels and brown in batches in pan fat. Remove with a slotted spoon.

Place onion, carrot and celery in the casserole and sweat for 10 minutes. Add the marinade and stir to loosen brown particles. Add tomatoes, herbs, heated stock, venison, pickled pork, salt and pepper. Reduce the temperature, cover and simmer for ± 2 hours or until tender. Replenish liquid, if necessary.

Remove herbs and orange rind. Thickened sauce with arrowroot. Taste and season. Spoon into a serving dish and sprinkle spring onions over.

(4 portions)

Hints

- Choose side dishes that won't overpower the venison, but will enhance its taste instead. Two side dishes (including the salad) on a menu are quite sufficient; one of these should be a starch dish, however.
- Prepare stewing venison in bulk for pies. Freeze in quantities to match the size of the pie dish and label well.
- Venison to be grilled, such as larded leg of venison and venison steaks, may be refrigerated successfully for up to 2 weeks by completely covering it with oil. Season the oil with herbs and garlic so that it can serve as a marinade at the same time. Remove the meat from the oil, pat dry thoroughly and prepare according to the recipe.
- Use fresh fruit in season for venison dishes.

Stewed venison shank

Serve with krummelpap (crumbly meal porridge) (p. 47) or *couscous* with sultanas and chick peas (p. 107).

150 ml (10 T) sunflower oil
250 g unsmoked bacon, cut into lardons
young kudu or gemsbok shank, cut into
10 slices, each 50 mm thick
100 ml (7 T) seasoned cake flour
(p. 109)
2 large onions, peeled and chopped
2 carrots, peeled and finely chopped
2 celery stalks, finely chopped
250 ml (1 c) dry white wine
375 ml (1½ c) venison stock (p. 28) or
chicken stock
500 g fresh tomatoes, skinned, seeded
and chopped, or 410 g (1 can) toma-
toes and juice (shredded with scis-
sors)
pinch sugar
salt and freshly ground black pepper
spray of fresh herbs (p. 109)
rind of 1 lemon, cut in one long, thin
strip
3 anchovy fillets, soaked in milk for
5 minutes (optional)
30 ml (2 T) chopped fresh parsley
2 large garlic cloves, peeled and finely
chopped
5 ml (1 t) finely grated lemon rind

Heat 30 ml (2 T) oil in a casserole dish and sauté lardons until crisp. Transfer to a plate, using a slotted spoon. Tie shank slices with string and dust with seasoned flour, shaking off excess. Sauté, a few slices at a time, in pan fat and add to lardons. Add oil to pan fat, if necessary. Remove shank and lardons.

Add a little more oil to casserole, add onions, carrots and celery, cover and allow to sweat for 10 minutes at a low temperature. Deglaze casserole with wine. Add heated stock, tomatoes, sugar, seasoning, herbs and rind. Return lardons and shank to oven casserole. Reduce the temperature, cover and stew for ± 2 hours on top of stove or at 160 °C in preheated oven until tender. Turn meat twice during cooking time and baste frequently with sauce.

Rinse anchovies, pat dry and chop finely. Scatter anchovies, parsley, garlic and grated rind over meat, baste with sauce and simmer for 10 minutes. This allows the flavour of the sauce to penetrate the meat. Remove herbs, string and rind. Taste and season, if necessary. Serve in a heated dish.

(6-8 portions)

Stuffed venison neck

Serve with stuffed boer pumpkin cooked in a potjie (p. 50) or with sweet potato purée with apples (p. 103).

1 young kudu cow neck, boned length-
wise (chop bones into pieces and
reserve)
1 recipe uncooked marinade (p. 18)
salt and freshly ground black pepper

STUFFING

1 kg spinach, trimmed (500 g nett
weight)
100 g pickled unsmoked pork, diced
60 g (4 T) butter
½ onion, peeled and chopped
250 g button mushrooms, sliced
4 garlic cloves, crushed with salt
56 g (1 can) anchovy fillets, soaked in
milk (optional)
60 ml (4 T) seedless raisins, soaked until
plump in warm water
200 g Ricotta or smooth cottage cheese
1 egg, beaten
1 ml (¼ t) freshly ground nutmeg
salt and freshly ground black pepper
gelatine
500 g speck, cut into large sheets, un-
smoked bacon rashers or blanched
bacon for barding
60 ml (4 T) olive or sunflower oil
± 500 ml (2 c) venison stock (p. 28) or
brown stock (optional)
60 ml (4 T) smooth apricot jam
beurre manié (p. 108)

Marinate venison for 2 days.

To prepare stuffing, blanch spinach for 2 minutes in rapidly boiling salted water. Squeeze dry and chop coarsely. Fry diced pickled pork until crisp in heated butter and remove with a slotted spoon. Sauté onion in the same pan until translucent. Add mushrooms, increase the temperature and fry until the liquid is reduced. Add garlic and spinach and fry until liquid has reduced. Spoon mixture onto a large plate and cool.

Soak anchovies in milk for a few minutes, drain and rinse under cold water. Pat dry on paper towels and chop coarsely. Drain raisins and, together with anchovies, add to cheese, egg and nutmeg in a mixing bowl. Add spinach mixture and mix well. Taste and season with salt and pepper, if necessary.

Drain venison neck (reserve marinade) and pat dry on paper towels. Strain marinade and set aside. Arrange barding speck sheets overlapping each other on a working surface. Season neck with salt

and pepper and place on top of barding speck. Sprinkle with gelatine and spread stuffing over. Roll up and tie or sew with a trussing needle and string.

Heat ½ the oil in a large casserole dish and fry neck on all sides until speck browns. Remove neck and set aside. Place bones in the casserole and brown very well (preferably at 230 °C in a preheated oven). Meanwhile, heat the strained marinade and skim off the scum. Add 500 ml (2 c) marinade, and the neck, to the bones in the casserole. Reduce the temperature, add seasoning and put the lid on. Simmer for 2½ hours or until tender. Occasionally add heated stock to liquid, if necessary.

Transfer the neck to a heated platter and carefully remove barding speck sheets without untying the string. Cut barding speck into strips and fry in the casserole until crisp. Remove with a slotted spoon and keep warm. Add jam to the fat in the casserole and brown the neck. Remove, and allow to rest in the warming drawer for at least 15-20 minutes. Strain the cooking liquid into the remaining marinade (if any is left) in a clean casserole. Reduce to half, uncovered. Taste and season, if necessary. Thicken with *beurre manié*, if necessary.

Remove string and slice meat. Spoon some of the heated sauce into a serving dish and arrange meat slices on top. Spoon a little sauce over, then sprinkle with crisp speck.

(12 portions)

Hint

Use ⅓ recipe for stuffing neck of small game such as rooibok, springbok and ribbok.

Venison neck with spinach and Ricotta cheese stuffing



Venison olives with croûtons

Serve with potato dumplings and red cabbage with apples and juniper berries (p. 102).

1,5 kg venison topside, rump steak, silverside or aitchbone, cut against the grain of the meat into approximately 18 steaks, each 5 mm thick and flattened to 3 mm thick with a meat mallet

18 thin slices pancetta (p. 109), or unsmoked bacon, or 18 rashers bacon

STUFFING

$\frac{1}{2}$ onion, peeled and chopped

10 ml (2 t) sunflower oil

350 g minced lamb or pork

1 garlic clove, peeled and crushed with salt

1 small sprig rosemary or 2,5 ml ($\frac{1}{2}$ t) dried rosemary

60 ml (4 T) chopped fresh parsley or 30 ml (2 T) dried parsley or 60 ml (4 T) fresh basil

1 egg, beaten

salt and freshly ground black pepper

15 ml (1 T) sunflower oil

30 g (2 T) butter

$\frac{1}{2}$ onion, peeled and sliced

1 carrot, peeled and sliced

25 ml (5 t) cake flour

125 ml ($\frac{1}{2}$ c) dry white wine

500 ml (2 c) venison stock (p. 28) or brown stock

1 strip pork rind, blanched

spray of fresh herbs (p. 109)

salt and freshly ground black pepper

10 ml (2 t) lemon juice

sprigs of rosemary for garnish

250 ml (1 c) croûtons (p. 108) for garnish

Place a slice of *pancetta* on each steak.

To prepare stuffing, fry onion in heated oil until translucent. Add to remaining stuffing ingredients in a mixing bowl and beat to mix thoroughly. Divide stuffing into 18 portions and spoon a portion onto the end of each steak. Roll up and tie with string, or secure with meat skewers or toothpicks.

Fry a few olives at a time in heated oil and butter in a casserole dish. Remove and set aside. Sauté onion and carrot in pan fat. Add flour, stir until brown and add heated wine and stock.

Place rind, skin side down, in a casserole dish and arrange olives on top. Pour vegetables and cooking liquid over and

add salt, pepper and herbs. Reduce the temperature as soon as it begins to simmer and put the lid on. Simmer for \pm 2 hours or until tender. Baste and turn occasionally.

Transfer olives to a heated serving dish with a slotted spoon, keep warm for 5 minutes and remove the string. Meanwhile, remove rind from casserole and reduce cooking liquid, uncovered, until it thickens slightly, if necessary. Taste and season with lemon juice and more salt and pepper, if necessary. Pour or strain sauce over the olives and garnish with rosemary and *croûtons* just before serving.

(6-8 portions)

Hint

A tiny bit of tomato paste or purée improves the flavour and colour of a sauce.

Venison blanquette

Blanquette is a white *ragoût* or stew bound with egg yolks and cream. A delicious meal for a large number of guests, served with boiled or steamed potatoes or krummelpap (p. 47), bacon rolls (p. 106) and a crisp green salad.

1,5 kg shoulder or leg of kudu, springbok or rooibok, bones and sinews removed, cut into 30 mm cubes

$\frac{3}{4}$ recipe buttermilk marinade (p. 18)

1,25 l (5 c) venison stock (p. 28) or chicken stock

salt and freshly ground black pepper

1 whole onion, peeled and studded with 2 cloves

2 carrots, peeled

spray of fresh herbs (p. 109)

1 large garlic clove, unpeeled and bruised

18 shallots (p. 109), blanched, peeled and a cross cut into root end

24 button mushrooms

15 g (1 T) butter

15 ml (1 T) lemon juice

45 g (3 T) butter (for *velouté sauce*)

30 ml (2 T) cake flour

15 ml (1 T) lemon juice

1 ml ($\frac{1}{4}$ t) freshly ground nutmeg

2 egg yolks

125 ml ($\frac{1}{2}$ c) thick cream or *crème fraîche* (p. 108)

30 ml (2 T) chopped fresh parsley or 15 ml (1 T) dried parsley

8 heart-shaped *croûtes* (p. 108) (optional)

Marinate meat cubes for 4-24 hours.

Drain meat and pat dry on dish cloth or paper towels. Place meat in a casserole dish and cover with all but 125 ml ($\frac{1}{2}$ c) stock. Heat at a moderate temperature and skim off the scum. Season with salt and pepper. Add onion, carrots, herbs and garlic. Reduce the temperature, cover and simmer for $1\frac{1}{2}$ -2 hours or until tender.

Place shallots in a small saucepan and add remaining stock. Season with salt and pepper. Cover, reduce the temperature and simmer until cooked but still firm (*al dente*). Braise the mushrooms in butter and lemon juice in a frying pan and season with salt and pepper. Set shallots and mushrooms aside.

Drain cooked meat in a colander over a mixing bowl to collect excess stock. Remove herbs. Wipe out the casserole dish with a paper towel and spoon meat cubes back into it. Keep warm.

Melt 45 g butter for *velouté* sauce, add flour and stir until mixed thoroughly. Stir over heat until *roux* is golden brown. Add heated stock and stir until smooth. Heat at a moderate temperature and stir until sauce begins to bubble. Reduce temperature and simmer, uncovered, for 10 minutes. Taste and season with salt, pepper, lemon juice and nutmeg. Beat egg yolks and add cream. Add to *velouté* sauce and mix well. Strain sauce over meat through a sieve. Warm vegetables through and add to *blanquette*. Allow to stand for 10 minutes in a warm place or in a warming drawer so that flavour of sauce can penetrate the meat. Transfer *blanquette* to a clean casserole dish and sprinkle with parsley. Garnish with *croûtes*.

(8 portions)

Variation

Replace some of the shoulder of venison with pieces of venison rib – increase the quantity to allow for the bone – or prepare the *ragoût* with wild rabbit or hare.

Curried venison

Serve with steamed rice or wheat with turmeric and raisins (p. 47), fresh coriander and freshly grated coconut and sambals – such as sliced banana (sprinkled with lemon juice), chopped tomatoes, cucumber and onions – in separate dishes.

1.5 kg shoulder or leg of venison, bones and sinews removed, cut into 30 mm cubes, or 3 kg venison shank
 ¾ recipe buttermilk marinade (p. 18) (optional)
 750 ml (3 c) venison stock (p. 28) or brown stock
 salt and freshly ground black pepper
 1 whole onion, peeled and studded with 2 cloves
 2 carrots, peeled
 spray of fresh herbs (p. 109)

SAUCE

60 g (4 T) butter
 3 onions, peeled and finely chopped
 4 garlic cloves, peeled and finely chopped
 2 pieces (25 mm each) fresh ginger root, peeled and grated
 10 ml (2 t) coriander seed, toasted, finely ground and sifted (p. 22)
 10 ml (2 t) cumin seed, toasted and finely ground
 10 ml (2 t) turmeric
 30 ml (2 T) garam masala (p. 14) or curry powder
 2-3 fresh green chillies, seeded and thinly sliced
 salt and freshly ground black pepper
 250 ml (1 c) strained venison stock (p. 28) or brown stock
 250 ml (1 c) coconut cream (p. 108) or stock
 4 large tomatoes, skinned and seeded, chopped, or 410 g (1 can) tomatoes and juice (shredded with scissors)
 10 ml (2 t) sugar
 salt and freshly ground black pepper
 125 ml (½ c) natural yoghurt or thick cream (optional)
 90 ml (6 T) coriander leaves, snipped with scissors
 fresh sprigs coriander for garnish (optional)

Marinate meat in advance, if desired. Drain and pat dry on paper towels. Place meat in a casserole dish and cover with heated stock. Heat at moderate temperature and skim off the scum. Season with salt, pepper, onion, carrots and herbs. Bring to the boil. Reduce the temperature, cover and simmer for 1½

hours or until almost tender. Drain meat in a colander over a mixing bowl, and reserve stock. Return meat to the casserole, remove herbs and vegetables and cover.

To make curry sauce, sauté onions in butter until translucent. Add garlic, ginger root, coriander, cumin, turmeric, garam masala, chilli, salt and pepper. Stir-fry for 2 minutes. Add heated stock and coconut cream and stir until thoroughly mixed. Add tomatoes and sugar and simmer for 25 minutes, uncovered. Stir occasionally. Spoon meat into curry sauce and simmer for 20 minutes. Add yoghurt, stir and heat through. Taste and season, if necessary. Add coriander, cover and allow to stand in a warm place for 10 minutes. Transfer to a heated serving dish and garnish with fresh coriander.

(8 portions)

Russian leg of venison

Serve with potatoes with cream (p. 101) and red cabbage with apples and juniper berries (p. 102).

1 leg of small game, boned
 200 g smoked or unsmoked speck
 1 recipe uncooked marinade (p. 18)

STUFFING

3 onions, peeled and chopped
 45 ml (3 T) sunflower oil
 300 g/500 ml (2 c) dried apricots
 3 garlic cloves, peeled
 250 ml (1 c) firmly pressed fresh bread-crumbs (p. 108)
 salt and freshly ground black pepper

1½ cube chicken stock
 65 ml (¼ c) smooth apricot jam
 20 ml (4 t) cake flour
 15 ml (1 T) sunflower oil
 15 ml (1 T) butter
 a little meat spread (optional)
 15 ml (1 T) brown sugar
 15 ml (1 T) lemon juice
 500 ml (2 c) sour cream

Lard leg of venison with speck and marinate for 12 hours or overnight. Drain meat in a colander and pat dry on paper towels. Reserve marinade.

To make stuffing, fry onions for 20 minutes in oil at a low temperature, without browning. Chop apricots and garlic in a food processor and mix with onions and crumbs. Season with salt and pepper.


Preheat the oven to 180 °C. Season leg with salt and pepper, stuff and tie or sew with a trussing needle and string. Place in a baking bag with 500 ml (2 c) strained marinade and tie. Place in a roasting pan with a stock cube and 750 ml (3 c) boiling water and bake for 30 minutes. Reduce the temperature to 160 °C and bake for 1-1½ hours.

Remove leg from bag and cool. Retain marinade in baking bag, and stock in roasting pan. Spoon out stuffing and set aside. Cut leg into 6 mm thick slices, season with a little salt and pepper and spread jam between slices. Keeping to this sequence, arrange in a greased, square ovenproof dish. Sauté flour in oil and butter until nut brown. Remove from heat, add heated marinade and stock and stir until smooth. Add stuffing and stir until warmed through. Season with ½ cube of crumbled stock, meat spread, sugar and lemon juice. Taste and season, if necessary. Keep apricot sauce warm.

Meanwhile, cover and heat meat for ± 30 minutes at 160 °C in a preheated oven, or in a microwave oven until warmed through. Add sour cream to apricot sauce, stirring continuously. Heat through, and spoon sauce over meat as soon as it simmers. Gently lift meat slices with a spoon and fork to allow sauce to flow under meat. Serve hot.

(8-10 portions)





Roasted, grilled and fried venison

Joints such as leg, chine and fillet are recommended for roasting, grilling or frying recipes. It is absolutely essential that venison be matured for these cooking methods. Remove as much sinew as possible, as it toughens meat. The meat should also be allowed to stand at room temperature for a while before cooking; bear this in mind when calculating cooking times for large roasts. Like beef, venison should be roasted medium rare; in other words, a roast should still be

pink on the inside. Heat the frying pan or roasting pan before adding oil or butter, and shake it occasionally to prevent the meat's sticking.

General hint

Because frozen meat loses much of its moisture when defrosted I recommend that meat intended for roasting, grilling or frying should not be frozen. This is not as important for stews or casseroles.

Venison fillet steaks with mustard cream sauce

4 kudu, wildebeest or gemsbok fillet steaks, each 30 mm thick
15 ml (1 T) sunflower oil
15 ml (1 T) black peppercorns, coarsely ground with a mortar and pestle
45 g (3 T) butter, preferably clarified salt
75 ml (5 T) cognac or brandy
125 ml (½ c) dry white wine
½ garlic clove, peeled and crushed
30 ml (2 T) strong prepared mustard
90 ml (6 T) thick cream
10 ml (2 t) lemon juice
60 g (4 T) cold butter
salt and freshly ground black pepper

Leg of venison grilled over the coals with strawberry sauce (p. 70) served with potatoes with cream (p. 101) and crisply cooked broccoli

25 ml (5 t) shredded fresh tarragon or
12 ml (1 d) dried tarragon or parsley

Baste fillet steaks with oil, sprinkle pepper on both sides and marinate for 30 minutes.

Brown on both sides in heated butter in a heavy-based frying pan (3-5 minutes for rare, 5-7 minutes for medium). Remove from heat. Season with salt and flambé with heated cognac or brandy. Cut meat like a fan (not right through), place on a hot plate and keep warm.

Pour off pan fat. Deglaze pan with wine. Add garlic, mustard and juice drained from meat and stir to mix thoroughly. Add cream and reduce slightly. Season with lemon juice. Remove from heat and gradually beat in cold diced butter. Taste and season. Add tarragon.

Place fillet steaks on 4 heated plates and spoon sauce over. Grind a little black pepper over.

(4 portions)

Fillet of venison in puff pastry

Serve with glazed young vegetables.

1 kg kudu, wildebeest or gemsbok fillet, sinews removed
30 g (2 T) butter
salt and freshly ground black pepper
150 g lean pork
50 g cooked ham
50 g unsmoked bacon
50 g speck
100 g fresh spinach, blanched (p. 108)
15 ml (1 T) chopped fresh parsley or 7,5 ml (1½ t) dried parsley
15 ml (1 T) fresh basil or 30 ml (2 T) chopped fresh parsley
15 ml (1 T) snipped fresh sage or 7,5 ml (1½ t) dried sage
25 ml (5 t) cognac or brandy
1 egg, beaten
salt and freshly ground black pepper
400 g puff pastry (p. 58), prepared the previous day, or commercial pastry
1 ml (¼ t) freshly ground nutmeg
little milk for glazing
poivrade or sweet wine sauce (p. 98)
sprigs of fresh herbs for garnish

Fold thin end of fillet back and tie with trussing string to retain shape. Pan-fry rapidly in heated butter, until brown. Allow to cool on cooling rack. Season.

Chop pork, ham, bacon and speck finely in a food processor. Squeeze spinach dry and chop finely with meat. Spoon into a mixing bowl and mix with herbs, cognac, egg (reserve 5 ml egg for glaze) and seasoning. Taste and season.

Roll out puff pastry to 4 mm thick, to form a rectangle large enough to cover fillet. Remove string and pat fillet dry with paper towels. Spread filling around fillet and place on pastry. Fold pastry over; seal seam and ends with water or beaten egg white. Place on a dampened baking sheet, seam side down, and decorate with off-cuts of pastry cut into decorative shapes. Cover with clingwrap and refrigerate for 1-8 hours.

Preheat oven to 230 °C. Brush pastry with egg and milk and bake for 15 minutes. Reduce the temperature to 180 °C, bake for 30 minutes; cover with foil if it browns too quickly. Loosen with a metal spatula and slide onto a serving dish. Cut into thick slices, spoon a little sauce onto 6 plates and place a fillet slice on top. Garnish with fresh herbs. Serve remaining sauce in a gravy boat.

(6 portions)

Fillet of venison roasted over the coals with green peppercorn sauce

Serve with sweet potato slices, potato croquettes (p. 102) or tangy sauerkraut (p. 103).

caul fat or barding sheets of speck
acidulated water
± 1 kg venison fillet, sinews removed
salt and freshly ground black pepper
1 large garlic clove, peeled and crushed with salt (optional)

SAUCE

30 g (2 T) butter
1 shallot, finely chopped
45 ml (3 T) wine vinegar
fresh sprig of thyme or 2,5 ml (½ t) dried thyme
250 ml (1 c) demi-glace sauce (p. 98), or stock prepared from cube
1 large tomato, skinned and seeded, finely chopped
90 ml (6 T) thick cream or crème fraîche (p. 108)
30 ml (2 T) green peppercorns, drained
30 g (2 T) cold butter, diced
watercress for garnish (optional)

Soak caul fat in acidulated water for 30 minutes. Pat dry on paper towels. Fold thin end of fillet back and tie with trussing string at 25 mm intervals. Season with salt and pepper and rub with garlic. Wrap in caul fat and secure with toothpicks, if necessary. (Or tie sheets of barding speck around fillet and remove during last 15 minutes of cooking time. Baste meat with a little additional butter or demi-glace sauce.)

Grill meat over the coals for ± 30 minutes, turning regularly with meat tongs. A small big-game fillet will be semi-cooked (rare) within 10-15 minutes!

Meanwhile, prepare the green peppercorn sauce. Melt butter in a small saucepan and add shallot. Fry slightly at a low temperature. Add wine vinegar, thyme, demi-glace sauce, tomato and cream. Reduce slightly to thicken and add peppercorns. Remove from heat and cover. When meat is ready, bring to simmering point, remove from heat and gradually beat in cold diced butter. Taste and season, if necessary.

Rest meat in a lukewarm oven for 15 minutes. Remove toothpicks and caul fat that has not been rendered. Cut into thick, diagonal slices. Spoon a little additional sauce onto plates and place fillet

on top. Baste with a little more sauce and garnish with watercress.

(4-6 portions)

Leg of venison grilled over the coals with strawberry sauce

Serve with potatoes with cream (p. 101) and tender, crisp vegetables.

1 leg of venison (young small game)
2 garlic cloves, peeled and cut into slivers
150-200 g speck for larding
½ recipe dry marinade (p. 18)
150 g clarified butter (p. 108), melted, or large piece of caul fat
salt and freshly ground black pepper

SAUCE

60 ml (4 T) mirepoix (p. 109)
30 g (2 T) butter
750 ml (3 c) venison and chicken stock
1 punnet strawberries, leaves removed, wiped with damp cloth
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
60 ml (4 T) port
30 ml (2 T) strawberry liqueur (optional)
30 g (2 T) cold butter, diced
fresh strawberries for garnish (optional)

Using a sharp knife, cut along the bone of the leg, remove bone and make incisions at a few points along the muscle to obtain an equal thickness. Make small incisions with a small knife and press garlic slivers into the holes. Lard meat with speck. Marinate for 1-2 hours.

Meanwhile, prepare sauce. Allow mirepoix to sweat in butter for 10 minutes, stirring occasionally. Add stock, 5 strawberries (chopped) and herbs. Season lightly with salt and pepper. Heat at a moderate temperature and reduce to half the quantity without the lid. Add port and liqueur and simmer for 2 minutes. Liquidise or purée remaining strawberries and add to sauce. Simmer until sauce has a good colour. Strain and press hard on contents to retain as much juice as possible. Return to a clean frying pan and bring to simmering point. Taste and season, if necessary. Cover and set aside. Just before serving, bring sauce to the boil, gradually beating in diced butter until sauce is shiny and thick.

Season meat. (If caul fat is used, season meat and wrap in caul fat.) Grill or

roast over the coals for \pm 30-35 minutes, basting regularly with melted clarified butter. Cooking time depends on the size of the leg and how well done it must be. Turn meat regularly with meat tongs. Leave in a warming drawer or in a warm place for \pm 20 minutes.

Remove caul fat and carve meat into 6 mm thick slices. Retain sequence. Season with a little salt, spoon strawberry sauce over and garnish with fresh strawberries.

(8-10 portions)

Hint

Cut slices from the thicker parts for guests who like their meat rare, and from thinner parts for those who prefer theirs well done.

Zebra fillet with youngberry sauce

Serve with *gratinée* of turnips with prunes (p. 103) and crisp green vegetables.

\pm 1 kg zebra fillet, without sinews and fat

1 recipe mirepoix (p. 109)

1 bayleaf

fresh sprig of thyme or 2,5 ml ($\frac{1}{2}$ t) dried thyme

1 garlic clove, peeled and chopped

4 juniper berries

30 g (2 T) softened butter

salt and freshly ground black pepper

60 ml (4 T) port

30 ml (2 T) cognac or brandy

375 ml ($\frac{1}{2}$ c) venison stock (p. 28) or chicken stock

410 g (1 can) youngberries, drained and juice retained

10 ml (2 t) prepared mustard

30 g (2 T) cold butter, diced

Fold thin end of fillet back and tie with crussing string at 25 mm intervals.

Meanwhile, prepare sauce. Allow *mirepoix* to sweat slowly in frying pan with bayleaves, thyme, garlic and juniper berries for 20 minutes or until vegetables are soft. Stir occasionally.

Preheat oven to 160 °C. Spread fillet with softened butter and season. Roast for \pm 25-30 minutes. Allow to rest in the warming drawer for 20 minutes.

Add port and cognac to *mirepoix* and reduce by half, uncovered. Add stock and youngberries and reduce again by half. Stir in mustard and youngberries.

Simmer for 1 minute. Strain sauce through a sieve and press with a wooden spoon to drain juice thoroughly. Pour sauce back into rinsed-out pan and bring to a simmer. Season with salt and pepper, gradually beating in diced butter. Don't allow the sauce to boil again.

Remove string and cut meat in thick slices. Season lightly with salt and serve with youngberries.

(4-6 portions)

Ostrich fillets with green peppercorns and gooseberries

Serve with *spätzle* (p. 47).

8-12 ostrich fillet rounds, 80 mm in diameter and 10 mm thick

$\frac{1}{4}$ recipe uncooked marinade with white wine (p. 18) (optional)

salt and freshly ground black pepper

15 ml (1 T) sunflower oil

30 g (2 T) butter

200 ml ($\frac{3}{4}$ c) thick cream or *crème fraîche* (p. 108)

50 g fresh gooseberries, macerated for 1 hour in refrigerator in 125 ml ($\frac{1}{2}$ c) white muscadell (or dessert wine)

15 ml (1 T) green peppercorns, drained

2,5 ml ($\frac{1}{2}$ t) finely grated lemon rind

salt and freshly ground black pepper

chives or chopped parsley for garnish

Flatten fillet rounds between two layers of greaseproof paper, and marinate.

Remove from marinade and pat dry on paper towels. Strain marinade and set aside. Season fillet with salt and pepper just before cooking. Heat butter and oil and sauté meat for \pm 2 minutes on each side. Keep warm in warming oven.

Drain gooseberries and reserve liquid. Pour off excess fat from frying pan and deglaze pan with strained marinade and gooseberry liquid. Reduce by half. Add cream and reduce again by a quarter. Add gooseberries and warm through. Stir in green peppercorns and lemon rind and mix thoroughly. Taste and season. Spoon sauce over meat rounds, garnish with chives and serve immediately.

(2-4 portions)

Oven-roasted wildebeest rump steak with onion and currant sauce

Cook leg of young venison according to this recipe. An even easier way is to leave out the onion and currant sauce and to serve slices of meat with slices of flavoured butter (p. 108).

1,75 kg wildebeest rump steak, cut from leg

60 g (4 T) softened butter

salt and freshly ground black pepper

2,5 ml ($\frac{1}{2}$ t) four-spice mixture (p. 14)

SAUCE

500 g onions, peeled and finely chopped

15 ml (1 T) sunflower oil

30 g (2 T) butter

salt and freshly ground black pepper

30 ml (2 T) brown sugar

125 ml ($\frac{1}{2}$ c) currants

45 ml (3 T) red wine vinegar

125 ml ($\frac{1}{2}$ c) sweet sherry

500 ml (2 c) dry red wine

500 ml demi-glace sauce (p. 98) or venison stock (p. 28) or brown stock

20 ml (4 t) arrowroot or cornflour (p. 108) (optional)

Preheat oven to 160 °C. Tie meat with string to retain shape during cooking. Spread with butter and season with salt and pepper. Place on rack in oven and oven-roast for 15-20 minutes per 500 g plus an additional 15-20 minutes. Place a roasting pan on a rack under the meat to collect juice.

Meanwhile, prepare the sauce. Fry onions in oil and butter at a low temperature for 20 minutes. Season with salt, pepper and sugar. Add currants, wine vinegar, sherry and wine. Reduce temperature and simmer for 25 minutes. Add *demi-glace* sauce to pan juices in roasting pan and simmer for 5 minutes. (If using stock, thicken sauce with arrowroot or cornflour dissolved in a little water.) Add *demi-glace* sauce to onion sauce. Taste and season.

Place meat on a heated plate and leave to rest in the warming drawer for 15-20 minutes. Carve into thin slices, spoon sauce over and serve.

(8 portions)

Hint

Insert hard, flavoured butter (p. 99) into small incisions cut in the meat.

Venison wing rib grilled over the coals with shallot butter

Wing rib is cut from the loin just in front of the rump. Saw through the backbone against the meat, but do not saw all the way through. Cut off the bone when you carve meat. Serve with potatoes in cream (p. 101) and crisp, tender vegetables.

1 wing rib from young game such as kudu, with 3 ribs
125 g (½ c) melted clarified butter
salt and freshly ground black pepper
125 g (½ c) shallot butter (p. 99)
watercress for garnish

Brush meat with butter and season with salt and pepper. Grill meat over the coals for ± 45-55 minutes, basting occasionally with butter. Turn meat with tongs. Leave to rest in a warm place.

Carve thick slices, season with a little salt and arrange shallot butter on top. Garnish with watercress.
(4-6 portions)

Hints

- Wing rib from young small game, such as ribbok and springbok, may also be used, but the quantity must be increased.
- The meat can be also roasted in a preheated oven at 160 °C. Allow 15-20 minutes per 500 g plus an additional 15-20 minutes.
- Use caul fat instead of clarified butter.

Oven-roasted saddle of venison with pears and marula sauce

Serve with small, pear-shaped potato croquettes (p. 102), red cabbage with apples and juniper berries (p. 102) and crisp green vegetables.

2,5 kg saddle of venison, with fillets and flank, sinews removed
large piece of caul fat or speck
1 recipe buttermilk marinade or uncooked marinade (p. 18)
250 ml (1 c) sugar
1 ℓ (4 c) water
rind of lemon, cut in one long, thin strip

6 whole Beurre Bosc pears, peeled, with stems
15 ml (1 T) marula liqueur
100 g fresh or canned blueberries
30 g (2 T) softened butter
salt and freshly ground black pepper
10 juniper berries, bruised (optional)
500 ml (2 c) demi-glace sauce or venison stock (p. 28) or brown stock
60 ml (4 T) marula liqueur
30 ml (2 T) cognac or brandy
salt and freshly ground black pepper
15 ml (1 T) arrowroot or cornflour (p. 108) (optional)
sprigs of fresh herbs such as sage or rosemary

If the long rib bones have been retained, scrape off the thin membranes. Lard meat with speck, if used (p. 14) and marinate in the refrigerator for 1-2 days.

Dissolve sugar in water, add rind and boil rapidly for 2 minutes. Place pears upright in syrup and poach for 8 minutes. Drain pears (reserve syrup) and set aside.

Add 15 ml (1 T) liqueur to 50 ml (10 t) syrup and poach fresh blueberries in it for ½ minute. Remove from heat and macerate berries in syrup.

Preheat oven to 160 °C. Drain meat on wire rack and pat dry with paper towels. Spread with butter and season with salt, pepper and juniper berries. Fold flank both sides of fillet over small fillets and wrap saddle of venison in caul fat. Place meat on a rack in the oven and place a roasting pan on a rack below to collect juices. Calculate 15 minutes of cooking time per 500 g, plus an additional 15 minutes or longer, according to taste. Place pears (reserve syrup) in a roasting pan under the meat for the last 30 minutes of cooking.

Rapidly boil demi-glace sauce, liqueur and cognac for 1 minute, uncovered, and add seasoning. (Thicken with arrowroot or cornflour if you're using stock.) Set aside and keep warm.

Remove pears and allow cooked roast to rest in a warming drawer for ± 15 minutes. Halve and core pears. Spoon berries into pear halves with a slotted spoon and keep warm. Pour excess fat from the pan and deglaze with syrup. Reduce to 15 ml (1 T) and pour into sauce through a sieve. Heat the sauce through and spoon into a gravy boat.

Place saddle of venison on a serving plate and arrange stuffed pears alongside. Baste meat with a little sauce to glaze it and garnish with herbs. Serve immediately.

(4-6 portions)

Hint

To carve meat, remove cooked fillets from the bone and cut into thin round slices against the grain or in long, thin slices along the grain. Season meat lightly with salt.

Thin venison slices with Mozzarella cheese and tomato

Serve with slices of fried polenta or plain polenta (p. 47) and buttered crisp young green beans.

12 thin slices venison silverside, each 100 mm x 120 mm
200 ml (¾ c) cake flour, on a piece of greaseproof paper
10 ml (2 t) olive or sunflower oil
60 g (4 T) butter
salt and freshly ground black pepper
30 ml (2 T) olive or sunflower oil
3 large tomatoes, skinned, seeded and chopped
large pinch of sugar
30 ml (2 T) chopped fresh parsley or 15 ml (1 T) dried parsley
7,5 ml (1½ t) dried oregano
12 thin slices ham (optional)
12 thin slices Mozzarella cheese
45 ml (3 T) freshly grated Parmesan cheese
fresh basil for garnish (optional)

Flatten meat between two sheets of greaseproof paper, sprinkled with water. Dust with flour and shake off excess. Heat oil and butter in a heavy-based frying pan and fry meat on both sides until lightly browned. Season with salt and pepper, set aside and keep warm.

Heat oil in a clean frying pan and sauté tomatoes at a high temperature to reduce liquid. Season with sugar, salt, pepper, parsley and oregano and cook to form a stiff purée.

Preheat oven to 220 °C. Place a slice of ham on each slice of meat and cover with cheese. Brush with tomato purée and grind a little black pepper on top. Arrange in a single layer in a greased ovenproof dish. Bake until cheese has melted and begins to bubble. Serve.

(6 portions)

Oven-roasted saddle of venison with pears and marula sauce



Venison schnitzel

Serve with *spätzle* (p. 47) or maize soufflé (p. 107).

30 ml (2 T) whole-grain or prepared mustard
4 slices ham, 75 mm x 75 mm x 6 mm
4 slices Gruyère cheese, 75 mm x 30 mm x 6 mm
1 bunch spring onions, finely chopped
4 thin slices venison silverside, 100 mm x 120 mm
100 ml (7 T) seasoned cake flour (p. 109)
2 eggs beaten with 5 ml (1 t) water
125 ml (½ c) dry breadcrumbs (p. 108) oil for deep-frying
1 bunch parsley, rinsed and dried thoroughly
4 thin slices lemon

Spread mustard on slices of ham and wrap cheese with spring onions in slices. Fold in half, press sides down firmly and secure with toothpicks or metal skewers. Dust with flour and shake off excess. Dip in egg and allow excess egg to drip off. Coat with crumbs, press with a spatula. Seal seam firmly. Place schnitzels in a plate, not touching, and refrigerate for 1 hour.

Heat oil in a saucepan (only ⅓ full). Test the heat of the oil by dropping a square of bread into it. The oil should immediately bubble around the bread, and the bread should become golden brown in 60 seconds. Fry a few schnitzels at a time until golden brown. Drain on paper towels and sprinkle lightly with salt to keep crisp. Break off parsley stems and fry in heated oil until crisp (oil will hiss and spit). Drain on paper towels.

Arrange venison schnitzels in a heated serving dish and garnish with parsley and lemon. Serve immediately.

(4 portions)

Grilled loin steaks with shallot and red wine sauce

Serve with sweet potato slices and red cabbage with apples and juniper berries (p. 102).

45 g marrow (± 3 T) pressed out of bone, cut into 6 mm thick slices for garnish

4 slices gembok, kudu or nyala loin steaks, each 20 mm thick, sinews removed
90 ml (6 T) olive or sunflower oil
2,5 ml (½ t) four-spice mixture (p. 14)
15 ml (1 T) mixed fresh herbs such as marjoram, oregano and thyme, chopped, or half measure dried herbs
freshly ground black pepper
salt

SAUCE

30 ml (2 T) butter
5 shallots or 1 bunch spring onions, finely chopped
15 ml (1 T) red wine vinegar
500 ml (2 c) full-bodied red wine
sprig of fresh thyme
5 ml (1 t) black peppercorns, ground
2 rashers bacon, chopped
250 ml (1 c) venison stock (p. 28) or brown stock
10 ml (2 t) arrowroot or cornflour (p. 108)
salt
30 g (2 T) cold butter, diced (optional)
5 ml (1 t) prepared mustard

Soak marrow in cold water for 3 hours to remove any blood. Replace water every hour. Rub meat with oil, spices and herbs. Marinate for 1-2 hours at room temperature.

Meanwhile, prepare sauce. Fry shallots in heated butter in a medium saucepan at low temperature; do not allow to brown. Add wine vinegar and reduce almost completely. Add wine, reserving 50 ml (10 t), and reduce by half, uncovered. Add thyme, pepper, bacon, stock and remaining wine. Boil for 5 minutes and thicken with arrowroot. Remove from heat, cover and keep warm. Bring to simmering point just before serving. Strain through a sieve into a clean saucepan. Taste and season. Gradually beat in diced butter and mustard. Do not heat sauce again.

Meanwhile, place marrow in boiling salted water in a small saucepan. Bring to the boil, remove from heat and leave for 1 minute. Spoon onto paper towels with a slotted spoon and keep warm.

Season meat with salt just before cooking. Pan-grill for ± 3 minutes on each side in a skillet at a moderately high temperature. Spoon onto heated plates and garnish with marrow slices. Spoon sauce over and serve immediately.

(4 portions)

Venison steaks in sweet and sour sauce with chocolate

Serve with *spätzle* (p. 47), lentil purée (p. 104) or potato dumplings (p. 102).

6 venison loin steaks, each ± 20 mm thick, sinews removed
½ recipe uncooked marinade (p. 18)
125 ml (½ c) stoned prunes
125 ml (½ c) sultanas
125 ml (½ c) seasoned cake flour (p. 109)
125 g pickled unsmoked pork, cut into lardons
25 ml (5 t) sunflower or olive oil
salt and freshly ground black pepper
30 g (2 T) butter

SAUCE

60 ml (4 T) sugar
250 ml (1 c) wine vinegar
100 g dark chocolate, grated
4 bayleaves
1 ml (½ t) freshly grated nutmeg

Marinate meat for 6 hours. Soak prunes if very dry and soak sultanas until plump in a little boiling water.

Drain meat and pat dry with paper towels. Dust lightly with flour and shake off excess. Sauté pickled pork in oil until crisp. Remove with a slotted spoon and keep warm. Add butter to pan fat and fry venison for 3 minutes on each side. Season lightly with salt and pepper. Add meat to pork and keep warm.

Meanwhile, prepare sweet and sour sauce. Dissolve sugar in wine vinegar and add drained prunes, sultanas, chocolates, bayleaves and nutmeg. Pour excess fat from frying pan and add sweet and sour sauce to pan. Stir over a moderate temperature to loosen brown particles. Simmer until slightly thickened and return steaks and lardons to sauce. Baste steaks with sauce and heat just until flavours have combined. Transfer to a heated serving plate.

(6 portions)

Ostrich fillets with green peppercorns and gooseberries (p. 71)



Bachelor's venison fillet steak

Serve with new potatoes in their jackets or potatoes with cream (p. 101) and orange salad with onions and olives (p. 104).

1-2 venison fillet steaks
salt and freshly ground black pepper
30 g (2 T) butter, preferably clarified
butter (p. 109)
1 shallot or ½ small onion, peeled and
chopped
125 ml (½ c) white or red wine
15 ml (1 T) cognac or brandy
15 g (1 T) cold butter, diced
15 ml (1 T) chopped fresh parsley or
snipped chives

Season fillet steaks with salt and pepper. Sauté for ± 3 minutes on each side in butter at a moderately high temperature, until brown. Keep warm in the warming drawer.

Pour all but 10 ml (2 t) fat from pan. Fry shallot in remaining fat for 2 minutes at a low temperature, stirring continuously. Deglaze pan with wine. Add cognac, increase temperature and reduce by half. Remove from heat and add diced butter, shaking the pan. Add juice drained from meat, and herbs. Place meat in a heated serving dish and spoon sauce over.

(1-2 portions)

Saddle of venison steaks with persimmons

Serve with lentil salad or *maître d'hôtel* lentils (p. 104).

4 loin steaks (25-30 mm thick), sinews
removed
30 ml (2 T) olive or sunflower oil
freshly ground black pepper
5 ml (1 t) fresh rosemary leaves, bruised,
or 2 ml (½ t) dried rosemary
salt
60 ml (¼ c) cognac or brandy
125 ml (½ c) chicken stock, prepared from
¼ cube
10 ml (2 t) chicken liver pâté (obtainable
at chain stores)
45 ml (3 T) cream
2 ripe persimmons (tomato plum), peeled
and sliced

Marinate meat in oil, pepper and rosemary for 30 minutes-1 hour. Season

meat with salt and grill for 3 minutes on each side in a preheated heavy-based frying pan at a moderate temperature. Keep warm in a warming drawer.

Pour fat from pan. Deglaze pan with cognac. Add stock and reduce by half. Combine pâté with cream to form a paste and add to stock. Boil for 30 seconds to thicken slightly. Taste and season, if necessary. Stir juices drained from meat into sauce. Place meat on serving plates and spoon sauce next to meat. Arrange persimmon slices on meat.
(4 portions)

Hint

Fresh persimmons, which have a unique taste, are obtainable during the hunting season. Make sure that they are very ripe (soft). Substitute papinos for persimmons, if you wish.

Venison minute steaks

Serve with red cabbage with apples and juniper berries and fried sweet potato chips (p. 102).

6 loin steaks from young venison (each
± 25-30 mm thick), sinews removed
dry marinade (p. 18) (optional)
salt
60 g (4 T) butter
60 ml (4 T) gin
3 juniper berries, finely ground
125 ml (½ c) chicken stock, prepared
from ½ cube
250 ml (1 c) cream
30 ml (2 T) redcurrant or marula jelly
6 heart-shaped croûtes (p. 108)

Marinate meat and season with salt. Sauté for ± 3 minutes on each side in butter, in a heavy-based pan until brown. Pour heated gin over meat and flambé. Shake pan until flames subside. Remove meat and keep warm.

Sprinkle berries into pan juices and add stock. Reduce by half. Add cream and reduce again by one-third. Beat jelly with fork and stir into sauce. Taste and season, if necessary.

Place steaks on 6 serving plates and strain sauce over meat through a sieve. Garnish with *croûtes* just before serving.
(6 portions)

Springbok loin in spinach

Serve with orange port sauce (p. 99) or *poivrade* sauce (p. 98), potatoes with cream (p. 101) and crisp, young vegetables.

500 g lamb loin, bones and sinews
removed
2 egg whites
375 ml (1½ c) cream
salt and freshly ground black pepper
5 ml (1 t) four-spice mixture (p. 14)
10 ml (2 t) port
2,5 ml (½ t) fresh rosemary leaves,
bruised
600 g springbok loin, bones and sinews
removed
3 leeks or 1 large onion, peeled and
chopped
15 ml (1 T) butter
8 large spinach leaves
15 ml (1 T) softened butter

Cut lamb loin into pieces and chop finely in a food processor, or mince. Add egg whites and place in a dish of ice and water in the refrigerator to chill thoroughly.

Gradually beat cream into lamb. Season with seasonings, port and rosemary. Refrigerate the mousseline.

Preheat oven to 180 °C. Halve springbok loin diagonally, but do not cut all the way through. Place between 2 layers of greaseproof paper sprinkled with water and flatten with a meat mallet. Sauté leeks very slowly in butter. Blanch spinach leaves for 1 minute and overlap slightly on a working surface. Scatter leeks over spinach. Place springbok loin on top and season with salt and pepper. Spread mousseline over loin with a spatula and roll up like a swiss roll. Secure with skewers and tie up. Spread aluminium foil with butter and wrap meat roll in it. Roast for 40 minutes. Allow to rest for 30 minutes (wrapped) in warming drawer.

Remove aluminium foil and string and carve meat into slices.
(4 portions)

Hint

If using *poivrade* sauce, prepare in advance. Orange port sauce can be prepared while the meat is resting.

Venison parcels with phyllo pastry

serve hot with apple or quince sauce (p. 99) and bacon rolls (p. 106).

fillets of small game, such as springbok, rooibok, bosbok or ribbok, sinews removed, halved vertically
freshly ground black pepper

10 ml (2 T) sunflower oil
5 g (5 T) blue cheese, such as Blaauwkrantz, Roquefort or Gorgonzola

5 ml (1 T) cream
5 ml (1 T) walnuts, coarsely chopped
10 ml (2 t) cognac or brandy

alt
layers phyllo pastry (obtainable at most supermarkets)

125 g melted butter, cooled
2 sprigs of fresh sage or other herbs for garnish

Season fillets with pepper, brush with oil and marinate for 30 minutes.

Mash blue cheese with a fork and beat in cream and walnuts. Gradually add cognac and beat well. Chill.

Fry fillets in a corrugated pan for 30 seconds on each side at a high temperature. Season with salt and cool.

Place layers of phyllo pastry between 2 dry dishcloths placed between two damp dishcloths.

Divide blue cheese filling between 2 fillet halves. Cover with remaining pieces so that thin ends fit over thick ends. Press together lightly.

Preheat the oven to 180 °C. Brush 1 layer of phyllo pastry with melted but-


ter, keeping other layers under the dishcloths. Cover brushed layer with the following layer and brush with butter again. Place one filled fillet on top and fold the long sides of the pastry over the meat. Brush folded sides with butter and roll up like a swiss roll. Place, seam down, on a greased baking sheet and brush with butter again. Repeat with remaining pastry and fillet.

Bake venison parcels for 20 minutes. Loosen with a metal spatula and carefully slide onto 2 serving plates. Garnish with fresh herbs.

Prepare apple or quince sauce while the meat parcels are baking.

(2 portions)





More ideas for cooking venison

Tough cuts are ideal for stewing and braising, because slow, moist cooking methods soften the fibres. Neck, bolo, thick rib, brisket, shank and thin flank are ideal for stewing and braising. It is advisable to marinate the meat first.

Speck, bacon and pork rind, as well as home-made venison stock (p. 28), lend flavour and succulence to game dishes. Stock cubes can be used as a substitute – they come in handy in the bush. Don't drown the meat in liquid; it would be better to add heated liquid occasionally (cold liquid extracts the meat juices). The liquid should not come to the boil; the surface should just move slightly. As soon as simmering point is reached, the meat can be cooked either in a preheated oven at 160 °C or on top of the stove.

Cream, eggs, wine and spirits enhance lean meat, and are recommended for use in sauces to complement stews and

Seasoning vegetables and sprays of fresh herbs are essential for stews and casseroles. Seasoning vegetables such as chopped onions, carrots, celery stalks and *mirepoix* (p. 109) form the basis of most stews or casseroles and are used in most recipes. The spray of herbs (p. 109) lends additional flavour to a dish and is

removed before serving. Fresh herbs are invaluable in creative cooking, lending character to an otherwise colourless, even tasteless, dish. Although basil is seasonal in hot regions such as the Bushveld, it can be planted throughout the year in frost-free areas. Rosemary and sage are important seasoning agents for the preparation of venison or game. Try planting herbs in pots in a sunny corner near the kitchen.

The rind of an orange or a lemon cut with a potato peeler into one very long thin strip is often used for flavouring. Remember to remove just before serving.

Sauces or gravies in stews are often reduced to a coating consistency – in other words, they coat the back of a metal spoon with a thin, velvety layer. This is a good guide for testing the thickness of a sauce: one that is too thick, or has the consistency of baby food or porridge, does not taste good! If there is insufficient liquid to reduce the sauce to the right consistency, thicken it with arrowroot or potato flour (slaked with a little water or wine), instead of cornflour, which sometimes leaves an aftertaste (p. 108). Little bits of *beurre manié* (softened butter and cake flour mixed to a paste) may also be stirred into the boiling liquid, at the sides of the saucepan.

All stews and casseroles can be cooked over an open fire in a three-legged cast-iron pot or potjie. A flat-based pot is equally suitable for use in the oven or on top of the stove.

*Cold leg of springbok in port jelly (p. 87)
served with a variety of pickles, olives and
prunes in red wine and Van der Hum (p. 106)*

Bushpig in white wine with dried fruit and caraway seed

Serve with maize soufflé (p. 107) and crisp green vegetables.

1 kg shoulder of bushpig or warthog,
boned, cut into 25 mm thick pieces
1 recipe apricot marinade (p. 18)
125 ml (½ c) raisins
15 ml (1 T) honey
2,5 ml (½ t) caraway seed
5 fresh mint leaves or 5 ml (1 t) dried
mint
5 ml (1 t) black peppercorns, finely
ground
125 ml (½ c) dry white wine
125 ml (½ c) dried apricots
75 ml (⅓ c) olive or sunflower oil
125 g pork belly, cut into lardons
1 onion, peeled and chopped
1 carrot, peeled and chopped
1 celery stalk, chopped
65 ml (¼ c) wine vinegar
2 ripe tomatoes, skinned, seeded and
chopped
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
± 500 ml (2 c) venison stock (p. 28) or
chicken stock
arrowroot or cornflour (p. 108)

Marinate meat for 1-2 days.

Place raisins in a mixing bowl and add honey, caraway seed, mint, peppercorns, wine and apricots. Stir to dissolve honey, cover and leave overnight.

Fry pork belly strips in heated oil until crisp. Remove and set aside. Dry pieces of meat on paper towels and brown in pan fat. Add to pork belly with a slotted spoon.

Fry onion, carrot and celery in pan fat at a low temperature for 10 minutes. Deglaze pan with vinegar. Reduce, uncovered. Add tomatoes, herbs, pork belly strips, meat pieces, seasoning and heated stock. Reduce temperature, cover and simmer for at least 2-2½ hours or until tender. Replenish liquid, if necessary.

Add raisins and apricots in liquid. Cover and simmer gently for 10 minutes. Taste and season, if necessary. If there is too much liquid, transfer meat to a heated dish and keep warm. Reduce sauce, uncovered, or thicken with arrowroot or cornflour slaked with a little water until velvety smooth.

Remove herbs and spoon the sauce over the meat.

(4-6 portions)

Hint

Substitute other boneless venison for bushpig or warthog.

Boned shoulder of venison with courgette stuffing

Serve with sweet potato purée and apples (p. 103) and bacon with dried fruit (p. 106) or a salad.

1,75 kg shoulder of young kudu or leg of
small game, boned
250 g speck, cut into strips for larding
1 recipe buttermilk or uncooked marinade (p. 18)
35 ml (7 t) strong, prepared mustard

STUFFING

350 g young courgettes, scrubbed and
grated
15 ml (1 T) salt
1 small onion, peeled and chopped
15 ml (1 T) sunflower oil
30 g (2 T) butter
250 g mushrooms, thinly sliced
250 ml (1 c) cream
75 ml (5 T) fresh breadcrumbs (p. 108)
60 g Feta cheese, crumbled
100 g ham, chopped (optional)
80 ml (⅓ c) Parmesan cheese, finely
grated
30 ml (2 T) chopped fresh parsley
15 ml (1 T) chopped fresh sage or 5 ml
(1 t) dried sage
1 egg, beaten
salt and freshly ground black pepper

COOKING LIQUID

75 ml (5 T) olive or sunflower oil
1 onion, peeled and chopped
1 carrot, peeled and chopped
350 ml (1½ c) dry wine or reserved
marinade (if used)
750 ml (3 c) venison stock (p. 28) or
brown stock
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
10-15 ml (2-3 T) lemon juice

Lard shoulder on both sides and marinate in refrigerator for 2 days. Drain shoulder (reserve marinade) and pat dry with paper towels. Spread with 30 ml (2 T) mustard and refrigerate.

To prepare stuffing, place courgettes in a colander, sprinkle with 15 ml (1 T) salt and stand for 30 minutes to drain

off indigestible juice. Rinse and squeeze dry. Sauté onion in oil and butter until translucent and add courgettes. Fry for 5 minutes, season lightly with salt and pepper and drain in a colander over a mixing bowl. Place mushrooms in the frying pan and stir until a liquid forms. Add ½ the cream and reduce until mushrooms are tender and cream is thick. Chop finely in food processor and cool. Add mushrooms and remaining ingredients to the courgettes in the mixing bowl.

Season shoulder with salt and pepper and spread filling over. Roll up, secure with skewers and tie with string or sew with a trussing needle and string.

To prepare cooking liquid, first brown meat in oil in a casserole dish. Remove and set aside. Sauté onion and carrot in pan fat for 5 minutes. Pour in heated wine and stock, to 10 mm deep. Season with herbs, salt and pepper. Reduce temperature and cover. Replenish liquid, if necessary. Simmer for 2-2½ hours or until tender. Remove meat and allow to rest in a warming drawer.

To prepare sauce, remove herbs and liquidise vegetables and cooking liquid. Add remaining cream and season, if necessary. Stir in remaining mustard and lemon juice and bring almost to the boil.

Remove string and carve meat into slices. Arrange on a serving plate and spoon a little sauce over. Serve remaining sauce in a sauce boat.

(8-10 portions)

Venison slices with sweet pepper cream sauce

Serve with spätzle (p. 47) or cracked wheat (p. 46).

4 wing rib steaks of kudu, wildebeest or
gemsbok, sinews removed, cut 25-30
mm thick

¼ recipe buttermilk marinade (p. 18)

2 large red sweet peppers, rinsed

45 ml (3 T) olive or sunflower oil

1 onion, peeled and sliced

125 ml (½ c) dry white wine

± 375 ml (1½ c) venison stock (p. 28) or
chicken stock

spray of fresh herbs (p. 109)

3 juniper berries, bruised (optional)

salt and freshly ground black pepper

500 ml (2 c) crème fraîche (p. 108)

60 ml (4 T) chopped fresh parsley,
chives and chervil, or 30 ml (2 T)
dried herbs

Marinate meat for 4-6 hours. Turn occasionally.

Preheat oven to 230 °C. Place sweet peppers in a cooking bag and roast in the oven for 20 minutes until skins loosen. (Alternatively, grill directly over the coals or under a preheated grill and turn until they are black all over.) Pull skins off under cold running water and remove the seeds. Cut half the sweet peppers into thin strips and liquidise the rest (or rub through a sieve).

Drain meat and pat dry on paper towels. Heat oil in an ovenproof dish or casserole dish and fry meat until brown. Add onion and sauté until translucent. Deglaze the pan with wine. Add heated stock and season with herbs, juniper berries, salt and pepper. Reduce temperature, cover and simmer until meat is tender. Remove meat and keep warm.

Add sweet pepper purée to liquid in saucepan and reduce by half, uncovered. Add *crème fraîche* and juice that has drained from meat and reduce until thick and creamy. Remove herbs and season to taste. Add strips of sweet pepper and heat through.

Spoon sauce into individual plates and arrange meat on top. Top with a little sauce and sprinkle with herbs.
(4 portions)

Italian-style stuffed leg of warthog

Serve with buttered ribbon noodles.

4 garlic cloves, crushed with salt
1 large sprig rosemary, leaves bruised,
or 10 ml (2 T) dried rosemary
salt and freshly ground black pepper
200 g speck, cut into 3 mm strips for
larding
1 leg of warthog or bushpig, boned
1 recipe buttermilk marinade (p. 18)

STUFFING

4 unsmoked bacon rashers, snipped, or
bacon strips, blanched
25 g (5 t) butter
1/2 onion, peeled and chopped
125 g minced pork
30 ml (6 T) fresh breadcrumbs (p. 108)
1 egg, beaten
6 stoned prunes, macerated overnight in
60 ml (4 T) red wine and coarsely
snipped with scissors
5 ml (1 t) finely grated lemon rind
1 ml (1/4 t) four-spice mixture (p. 14)
salt and freshly ground black pepper

15 ml (1 T) sunflower oil
30 g (2 T) butter
± 2 t (8 c) milk
200 g (± 20) green olives, rinsed and
stoned
30 ml (2 T) capers, drained and rinsed

Combine garlic, rosemary, salt and pepper. Roll bacon rashers in the mixture and use to lard leg. Marinate leg in the refrigerator for 1-2 days.

To prepare stuffing, fry bacon in heated butter until crisp. Add onion and fry until translucent. Add minced meat and sauté until meat begins to brown. Turn into a mixing bowl, add remaining ingredients and mix lightly. (It's a good idea to add wine or brandy in which prunes were macerated.) Cool.

Drain meat and pat dry on paper towels. Season with remaining garlic and rosemary (if any), salt and pepper and spread stuffing over. Roll up meat and tie or sew with a trussing needle and string. Season with salt and pepper.

Brown the meat roll in heated oil and butter in a casserole dish. Add heated milk, salt and pepper and reduce temperature. Cover and simmer meat very gently for 2 1/2-3 1/2 hours or until tender. Be careful not to overcook (tilt lid, if necessary). Turn occasionally and baste with milk. (When meat is cooked, the milk at the edges of the casserole dish should be caramelised and thick.) Transfer meat to a plate and allow to rest in a warming drawer for 15 minutes.

Meanwhile, beat milk in a casserole dish until smooth and add olives and capers. Thicken with arrowroot or *beurre manié*, if necessary. Remove string and carve meat into 12 mm thick slices. Spoon a little sauce onto a serving plate and arrange meat slices on top. Top meat with sauce.
(8 portions)

Venison slices in red wine with capers

Serve with cooked baby potatoes or potato croquettes (p. 102) and a green salad.

600-800 g thick flank of big or small
game, bones and sinews removed, cut
into 12 mm thick slices
1/2 recipe uncooked marinade with red
wine (p. 18)
15 ml (1 T) speck, olive or sunflower oil
100 g streaky bacon, cut into lardons

12 shallots, blanched and peeled
(p. 109)
salt and freshly ground black pepper
rind of 1 orange, cut into one long, thin
strip
250 g small brown mushrooms
30 g (2 T) butter
5 ml (1 t) lemon juice
5 ml (1 t) finely grated lemon rind
1 garlic clove, finely chopped
30 ml (2 T) chopped fresh parsley
15 ml (1 T) capers, drained and rinsed
20 g (4 t) cold butter, diced

Marinate meat for 6-12 hours.

Drain meat (reserve marinade) and pat dry with paper towels. Fry bacon in heated fat until lightly browned. Remove with a slotted spoon. Fry steaks on both sides until brown at a moderately high temperature. Remove and set aside with bacon. Sauté shallots in pan fat for 3-4 minutes, remove with a slotted spoon and set aside.

Heat marinade and reduce by half, uncovered. Skim off the scum. Strain and pour into the casserole. Return steaks and bacon to the casserole and season with salt, pepper and rind. Cover, reduce temperature and place on a simmer plate (temperature must be as low as possible). Simmer for 1-1 1/2 hours or until meat is almost tender.

Meanwhile, sauté mushrooms rapidly in 30 g (2 T) butter and season with salt, pepper and lemon juice. Add mushrooms and shallots to meat. After 30 minutes, add rind, garlic, parsley and capers. Baste meat with sauce and leave in a warm place for 5 minutes so that the flavour of the sauce can penetrate the meat. Taste and season, if necessary (there should still be sufficient sauce). Remove strip of rind and transfer meat to a heated serving plate using a slotted spoon. Bring sauce to simmering point and remove from heat. Gradually beat in diced butter. Spoon sauce over meat and serve.

(4-6 portions)

Venison stew with juniper berries and cream

Serve with krummelpap (crumbly meal porridge) (p. 47).

2 kg shoulder of springbok, ribbok or rooibok, boned and cut into 25 mm cubes

$\frac{1}{2}$ recipe uncooked marinade (p. 18)

250 g smoked pork belly or bacon rashers, cut into lardons (p. 109)

15 ml (1 T) lard, olive or sunflower oil

45 g (3 T) butter

2 onions, peeled and cut into quarters

2 shallots, shredded

1 leek, shredded

15 ml (1 T) cake flour

salt and freshly ground black pepper

6 juniper berries, bruised

325 ml (1 c + 5 T) thick cream or crème fraîche (p. 108)

Marinate meat for 1-2 days.

Drain meat (reserve marinade) and pat dry with paper towels. Reserve marinade. Sauté lardons in fat until crisp. Remove with a slotted spoon and set aside. Fry batches of meat in heated butter and pan fat until brown. Add to lardons with a slotted spoon. Sauté onion, shallots and leek in pan fat at a low temperature for 10 minutes. Add cornflour and stir until nut brown. Bring marinade to the boil and skim off scum. Add heated marinade, salt, pepper and berries. Return meat and lardons to casserole. Reduce temperature, cover and simmer for $1\frac{1}{2}$ -2 hours or until meat is tender.

Transfer meat to a serving plate with a slotted spoon and keep warm. Heat sauce and skim off fat. Add cream and juice drained from meat and stir thoroughly to combine.

Reduce sauce, uncovered, to coating consistency (the sauce should thinly coat the back of a spoon). Taste and season, if necessary. Spoon sauce over meat and serve hot.

(8 portions)

Rabbit paella over the coals

This dish is traditionally made in a *paellera*, which has two handles, but any iron pan that can be used over a fire is suitable. Serve with individual crisp green salads.

1 wild hare (2 kg), cut into portions, or 2 wild rabbits (1,2 kg each)

salt and freshly ground black pepper

60 ml (4 T) cake flour

350 g bacon, cut into lardons (p. 109), or rashers of bacon

25 ml (5 t) brandy

2 shallots or $\frac{1}{2}$ onion, chopped

1 large garlic clove

250 ml (1 c) dry white wine

250 ml (1 c) chicken stock

1 large sprig thyme or 10 ml dried thyme

1 bayleaf

3 Russian sausages or garlic sausage

50 g pork, diced

250 ml (1 c) olive or sunflower oil

1 onion, peeled and chopped

1 garlic clove, peeled and chopped

1 red or green sweet pepper, cut into long strips

2 tomatoes, skinned, seeded, and chopped

600 g (3 c) rice

10 ml (2 t) paprika

2,5 ml ($\frac{1}{2}$ t) turmeric

100 g fresh shelled peas or frozen peas

2 lemons, cut in wedges

Rinse rabbit under cold water and pat dry with paper towels. Season with salt and pepper. Dust with flour and shake off excess.

Fry bacon until crisp in a casserole dish or potjie and sauté rabbit in bacon fat. Flambé with brandy (stand back). Remove with a slotted spoon.

Sauté shallots and garlic in pan (add a little oil, if necessary) for 5 minutes. Add wine, stock, thyme and bayleaf. As soon as the mixture begins to simmer, return rabbit and bacon to casserole. Reduce temperature, cover with aluminium foil or a lid and simmer for $1\frac{1}{2}$ hours or until meat is tender. Reserve meat sauce.

Prick sausages with a sharp knife and cover with cold water. Simmer, uncovered, for 10 minutes. Remove skins and cut into 3 mm pieces.

Heat a quarter of the oil in a frying pan and sauté diced pork. Add onion, garlic, sweet pepper and tomatoes. Reduce liquid, uncovered, until a firm consistency is reached.

Pour remaining oil into a large cast-iron frying pan or *paellera*. Place \pm 750 mm above coals and fry rice until opaque. Add tomato sauce, paprika, 10 ml (2 t) salt, pepper and turmeric. Spoon rabbit on top and scatter pieces of sausage over. Add meat sauce to ingredients in pan and fill with enough boiling water to cover rice completely.

Cover with aluminium foil, shiny side in, and simmer for 20 minutes over the coals. Do not stir. Simmer for another 10 minutes or until rice is cooked. Remove from heat and leave for 8 minutes.

Serve paella from the pan, making sure each guest has a little crusty rice from the bottom of the pan. Garnish with lemon wedges.

(8 portions)

Hint

Substitute chicken thighs or hare for wild hare or rabbit for a more economical dish.

Rabbit paella over the coals makes a delightful alfresco lunch or light supper





HUNTER'S LIFE
IN AFRICA
BY R. GORDON CHAMBERLAIN
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Venison and bean casserole

Serve hot with crisp bread rolls or French bread and beetroot salad (p. 102).

125 g pork rind, hair scorched, diced
500 g dry beans
1 whole onion, peeled and studded with 2 cloves
125 g pickled unsmoked pork, chopped
1 kg venison, boned, cut into 25 mm cubes
30 ml (2 T) lard or sunflower oil
1 large onion, peeled and chopped
1 large carrot, peeled and chopped
1 celery stalk, chopped
1 large garlic clove, peeled and chopped
1 red chilli, seeded and finely chopped
10 ml (2 t) paprika
10 ml (2 t) cake flour
500 ml (2 c) venison stock (p. 28) or chicken stock
salt and freshly ground black pepper
spray of fresh herbs (p. 109)

Place diced pork rind in a saucepan and cover with cold water. Heat at a moderate temperature and skim off the scum. As soon as water boils, drain rind in a colander and rinse under cold water. Return to the saucepan, cover with 1.5 l (5 c) cold water and bring to the boil. Cover and reduce temperature. Simmer for ± 2 hours, or until rind is soft. Remove from heat and leave in saucepan to cool off overnight.

Soak beans in cold water overnight. Heat rind the next morning at a low temperature to melt fat. Drain beans and add to the rind, with the onion and

cloves. Add enough water to just cover. Bring to the boil and reduce temperature. Simmer, covered, for ± 45 minutes or until beans are half cooked. Remove from heat.

Heat fat in a casserole dish and fry pickled pork until crisp. Remove with a slotted spoon. Fry venison in batches until brown, and set aside with pickled pork. Sauté onion, carrot and celery. Add garlic and chilli and stir for 1 minute. Add paprika and flour and fry for 1 minute. Add heated stock and stir until smooth. Add salt, pepper, herbs, drained beans and rind (reserve liquid). Reduce temperature, cover and simmer until tender. Add drained liquid from beans, if necessary. Take lid off during last 15 minutes of cooking time. The sauce must be thick and cover beans and meat. Remove herbs. Taste and season, if necessary.

Serve in the heated casserole.
(8 portions)

Hint

Add fried pork or cocktail sausages to casserole.

Pot-roasted leg of venison

1 leg of small game (± 2 kg)
150-200 g speck, cut into lardons
1 recipe buttermilk marinade (p. 18)
speck for barding (optional)
500 g dried apples or pears
625 ml (2½ c) semi-sweet wine or jerepigo
salt and freshly ground black pepper
6 juniper berries, bruised
30 ml (2 T) olive or sunflower oil
1 onion, peeled and finely chopped
1 carrot, peeled and finely chopped
piece of rind, blanched (optional)
125 ml (½ c) sweet wine or jerepigo
125 ml (½ c) dry red wine
125 ml (½ c) venison stock (p. 28) or brown stock
1 bayleaf
500 g leeks or onions, rinsed and chopped
300 g speck, cut into thin strips for barding
10 ml (2 t) ground cinnamon
30 g (2 T) butter
500 ml (2 c) demi-glace sauce (p. 98)
30 g (2 T) cold butter, diced

Pot-roasted leg of venison served with spicy kumquats (p. 106)

Lard leg and marinate for 1-2 days.

Macerate dried fruit in wine, for 8 hours or overnight.

Drain leg on a cooling rack over a plate and pat dry with paper towels. Season leg with salt, pepper and berries. Heat oil in a casserole dish in which leg fits exactly. Brown meat and remove. Sauté onion and carrot for 5 minutes. Place rind, skin side down, in a saucepan and place leg on top. Add heated wine, stock and bayleaves. Arrange leeks on top and cover with speck strips. Bring to the boil, reduce temperature and cover. Simmer for 2-2½ hours, or until meat is tender, or bake in a preheated oven at 160 °C. Add heated, macerated fruit with wine during last hour of cooking time. Dust with cinnamon and dot with butter. Baste with pan juices during cooking.

Remove speck and cut into matchstick strips. Fry until crisp and set aside, keeping warm. Spoon leeks into a food processor and set aside. Place leg in a roasting pan and brush with a little *demi-glace* sauce (or use melted butter). Brown under a preheated oven grill. Brush again, if necessary, to obtain a good glaze. Keep leg warm. Using a slotted spoon, transfer the fruit to a heated serving dish. Add heated *demi-glace* sauce to pan juices and stir to loosen brown particles. Reduce to make 500 ml (2 c). Skim off fat, add sauce to leeks in food processor and purée. Heat the purée in a small saucepan until just heated through. Taste and season, if necessary. Remove from the heat and gradually beat in diced butter.

Place meat beside fruit on a serving plate. Garnish with crisp speck strips and serve leek sauce separately in a gravy boat.

(8-10 portions)



Cold leg of springbok in port jelly

In summertime, entertain guests with this special dish. Serve with warm potato salad (p. 50), green salad with *croûtons* and blue cheese salad dressing, home-made pickles and home-baked or crisp French bread.

1 leg of young springbok or small game, or leg of kudu or gemsbok calf
150-200 g speck, cut into lardons
1 recipe uncooked marinade (p. 18)
15 ml (1 T) sunflower oil
30 g (2 T) butter
125 ml (½ c) cognac or brandy
250 ml (1 c) venison stock (p. 28) or brown stock
1 young venison shank, cut into 30 mm thick slices, or substitute shank of veal
4 large tomatoes, skinned, seeded and chopped
4 unpeeled garlic cloves, bruised
spray of fresh herbs (p. 109)
15 ml (1 T) black peppercorns
250 ml (1 c) port
fresh herbs for garnish

Lard leg of venison. Marinate meat for 4-6 hours. Drain meat in a colander. Strain marinade and reserve vegetables and liquid. Pat meat dry with paper towels. Brown meat in heated oil and butter in a casserole dish. Add marinade vegetables and fry for 5 minutes. Pour heated cognac over and flambé. Add heated marinade and stock. Add shank, tomatoes, garlic, herbs and peppercorns. Skim off the scum. Reduce temperature and cover. Simmer for ± 2 hours or until meat is tender. Carefully remove leg and cool.

Meanwhile, reduce cooking liquid, uncovered, in a casserole dish to make 500 ml (2 c). Taste and season, if necessary. Add port and bring to simmering point.

Place leg in a small, oval-shaped dish or casserole dish which it fits exactly. Strain port sauce over leg and cool. Refrigerate overnight. Carefully turn leg out onto a serving plate and garnish with fresh herbs.
(8-10 portions)

Hint

Bone leg of venison beforehand for easier carving, and tie with string.

Venison stew with dumplings

A stew with dumplings conjures up wonderful memories of my childhood. The dumplings my mother made were always soft and fluffy, and were a great favourite.

1,5 kg shoulder of venison without bones and sinews, cut into 25 mm cubes
½ recipe uncooked marinade (p. 18)
100 g stoned prunes, macerated overnight in 100 ml cognac or brandy
125 g bacon rashers, cut into strips
30 ml (2 T) lard or sunflower oil
1 large onion, peeled and chopped
2 carrots, peeled and chopped
1 celery stalk, chopped
100 ml (7 T) cognac or brandy
30 ml (2 T) cake flour
250 ml (1 c) strained marinade
½ 500 ml (2 c) venison stock (p. 28) or brown stock (or more, if necessary, for dumplings)
30 ml (2 T) wine vinegar
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
250 g button mushrooms, whole or quartered
30 g (2 T) butter
10 ml (2 t) lemon juice

DUMPLINGS

500 ml (2 c) cake flour
20 ml (4 t) baking powder
2,5 ml (½ t) salt
1 ml (¼ t) freshly grated nutmeg
2 rashers bacon, finely chopped (optional)
30 ml (2 T) chopped fresh parsley
15 ml (1 T) sunflower oil
250 ml (1 c) lukewarm water

Marinate meat for 1-2 days. Drain meat and pat dry with paper towels. Strain marinade through a sieve and reserve 250 ml (1 c).

Sauté bacon rashers until crisp in lard

in a casserole dish. Transfer to another dish, using a slotted spoon. Fry meat in the casserole dish until brown on all sides. Transfer to a plate. Allow vegetables to sweat in pan for 10 minutes. Place next to bacon. Return meat to casserole and flambé with cognac or brandy.

Preheat oven to 230 °C. Dust meat with flour and bake for 10 minutes. Stir and bake for 5 minutes. Spoon prunes in cognac or brandy, vegetables and bacon into the casserole with the meat. Add a little stock and stir to loosen brown particles. Add 250 ml (1 c) heated marinade, the stock, wine vinegar, herbs, salt and pepper and stir until smooth. Bring to the boil, reduce temperature and cover. Simmer for ± 2 hours or until meat is tender. Add heated stock or boiling water to the liquid, if necessary. There should be ± 500 ml (2 c) meat sauce left.

Sauté mushrooms in butter until liquid has been absorbed. Season with salt, pepper and lemon juice and add to stew. Remove herbs. Wash the casserole dish and return the stew to it or to a serving dish.

To prepare dumplings, sift flour, baking powder, salt and nutmeg into a mixing bowl. Make a well in the centre and add bacon, parsley, oil and water. Combine until it forms a smooth batter.

Taste and season meat sauce, if necessary. Add spoonfuls of dumpling batter to the simmering meat sauce in the casserole. Reduce temperature and steam dumplings for 15-20 minutes. Do not lift the lid before the time! Serve in the casserole or a serving dish.

(6-8 portions)

Hint

Venison stew can also be served without dumplings. Using a slotted spoon, transfer meat and other ingredients to a serving dish and keep warm. Reduce cooking liquid until a coating consistency is reached and pour over meat.





Recipes for game birds

Hunting game birds is very popular in South Africa, and an increasing number of birds – among them English pheasants – are bred on game farms specifically for hunting. The same strict hunting rules apply here as in the bush.

Game birds are rich in minerals, but do not have much fat. For this reason they should be barded (p. 14) before cooking.

The cooking time for farm-bred birds is shorter than that for wild birds, because they are not as tough. These birds

are ideal for roasting and grilling. Young game birds are particularly suitable for roasting, but adult birds should be stewed or braised. Note how to clean game birds, especially young birds for roasting (p. 11). Trussing game birds is important, as it makes browning in oil or fat easier and ensures a neat shape after cooking.

The best roasting results are obtained by roasting the birds on their sides first and then turning them on their breasts. This will prevent the breasts' drying out.

Top from left to right: *bred English pheasant, partridge, bred English pheasants, wild duck in pewter dish with a piece of bacon, partridge, red-billed francolin, bred English pheasant*, Bottom from left to right: *bred English pheasant, partridges, 2 guinea fowls, spur-winged goose*

Quails in port sauce

Serve with pumpkin or courgettes, blanched and buttered spinach and fried potatoes with onions (p. 50).

12 quails

125 g ($\frac{1}{2}$ c) butter

8 fresh sage leaves, snipped, or 10 ml (2 t) dried sage and a few additional leaves

1 small sprig rosemary, leaves bruised, or 10 ml (2 t) dried rosemary and an additional sprig

3 garlic cloves, crushed with salt (optional)

15 ml (1 T) lemon juice

6 rashers bacon, finely snipped with scissors

salt and freshly ground black pepper

375 ml ($\frac{1}{2}$ bottle) dry white wine

500 ml (2 c) chicken or venison stock (p. 28)

65 ml ($\frac{1}{4}$ c) olive or sunflower oil

200 ml ($\frac{3}{4}$ c) port

200 ml ($\frac{3}{4}$ c) cream

30 g cold butter, diced (optional)

Rinse birds and pat dry with paper towels. Combine butter, sage, rosemary, garlic, lemon juice, bacon, salt and pepper to form a soft paste and spoon into stomach cavities of birds.

Preheat oven to 200 °C. Place birds, on their breasts, close together in a greased casserole dish. Pour heated wine and stock around the birds to half cover. Season with salt and pepper and sprinkle additional sage and rosemary between birds. Sprinkle with oil and cover with the lid or aluminium foil. Bake for 30 minutes, reduce temperature to 180 °C and bake for 1 hour. Reduce temperature to 160 °C and remove after 1½ hours. Baste regularly with liquid and keep lid on.

Remove birds with a slotted spoon and keep, covered, in a warming drawer. Strain the sauce into casserole and add port. Reduce, uncovered, by half. Add cream and reduce again by one-third. Taste and season, if necessary. Bring sauce to the boil and remove from heat. Gradually beat in diced butter (do not allow sauce to boil again) and spoon over birds.

(4-6 portions)

Grilled quails with stuffed potatoes

Serve, accompanied by dried-fruit salad with sesame seed and garlic mayonnaise (p. 48), as an entrée or main dish (for a very light meal).

4 quails

1 carrot, peeled and grated

$\frac{1}{2}$ onion, peeled and grated

1 parsley stalk

1 sprig thyme or pinch dried thyme

1 bayleaf

125 ml ($\frac{1}{2}$ c) red or white wine

pinch of salt

30 ml (2 T) olive or sunflower oil

salt and freshly ground black pepper

15 ml (1 T) olive or sunflower oil

30 g (2 T) butter

STUFFED POTATOES

4 large potatoes (\pm 150 g each), unpeeled and scrubbed

30 ml (2 T) olive or sunflower oil

30 ml (2 T) crème fraîche or thick cream

15 ml (1 T) hazelnut or walnut oil

salt and freshly ground black pepper

1 ml ($\frac{1}{4}$ t) freshly grated nutmeg

15 ml (1 T) sunflower oil

30 g (2 T) butter

Bone birds (reserve drumsticks) and halve lengthwise to obtain 2 halves with a drumstick each. Cut off knuckles and add to breast, thigh and rib bones. Combine carrot, onion, parsley, thyme, bayleaves, wine, salt and oil in a glass or porcelain dish. Marinate birds for 6-12 hours.

Preheat the oven to 190 °C. Brush potatoes with oil and wrap in aluminium foil. Place in saucepan with cold water. Bring water to the boil, remove potatoes and bake for 1 hour in aluminium foil.

Meanwhile, remove birds from marinade and pat dry with paper towels. Strain marinade and reserve liquid, vegetables and seasoning. Fry marinade vegetables and seasoning together with bones until golden brown. Cover with half cold water and half strained marinade. Heat and skim off the scum. Reduce temperature, simmer for 45 minutes and season with salt and pepper. Strain and use as a sauce. (A little diced, cold butter beaten into the sauce just before serving will improve the flavour and appearance.)

Preheat oven to 230 °C. Season bird halves with salt and pepper. Pull the skin together and secure across with 2 toothpicks. Sauté birds until golden

brown in oil and butter in a casserole dish at a moderately high temperature. Bake for \pm 8-10 minutes until crisp.

Remove potatoes from aluminium foil and cut off top third (lid). Hollow out both pieces and purée with cream and hazelnut oil. Season with salt, pepper and nutmeg. Cut lid into 2 triangular pieces and fry, with hollowed-out potato skins, in oil and butter until crisp. Spoon purée into potato skins and place 2 bird halves on top. Garnish with 2 potato peel triangles and spoon heated sauce on the side.

(4 portions)

Quails in port sauce with quail's eggs in the background





Grilled wild duck with plum sauce

Serve with potato dumplings (p. 102) and young garden vegetables.

1 young wild duck (preferably farm-bred)
30 g (2 T) softened butter
salt and freshly ground black pepper

SAUCE

15 g (1 T) butter
30 ml (2 T) mirepoix (p. 109)
5 ml (1 t) chopped fresh ginger root
½ chilli, seeded and shredded
250 ml (1 c) chicken, duck or venison stock (p. 28)
200 g fresh stoned plums, stewed with a little sugar, or canned plums, drained
30 ml (2 T) Chinese plum sauce (optional)
20 g (4 t) cold butter, diced
2 sprays of fresh herbs for garnish (optional)

Preheat the oven to 230 °C. Cut drumsticks off bird with thighs intact. Spread softened butter on bird and drumsticks. Season with salt and pepper. Place duck on an oven rack and grill breast meat for 15 minutes and drumsticks for ± 20 minutes. Place a roasting pan on a rack directly below the bird to catch juices. Leave bird to rest in the warming drawer for ± 20 minutes.

Meanwhile, fry *mirepoix*, ginger root and chilli in pan fat and butter, stirring continuously. Add stock and plums and simmer for 10 minutes. Add plum juice and warm through. Strain into a small saucepan. Season with salt and pepper and heat. Remove from heat and gradually beat in diced butter.

Carve breast meat and thighs into thin slices and serve drumsticks whole. Serve half a duck per person and spoon sauce over. Garnish with herbs.

(2 portions)

Variation

Substitute fresh gooseberries (obtainable during the hunting season) for plums to make gooseberry sauce.

Individual wild duck with spinach and orange salad, served with crisp rolls and chilled wine as main course for a light meal

Wild duck with spinach and orange salad

Substitute chicken for duck for a more economical dish. Serve with fresh bread.

500 g tender spinach, trimmed, cut into thick strips
3 heads of chicory
3 oranges
8 walnuts, coarsely chopped
1 small bunch each white and black grapes, skinned, seeded and halved
15 ml (1 T) chopped fresh parsley
15 ml (1 T) snipped chives
2 young wild ducks
salt and freshly ground black pepper
30 g (2 T) softened butter

HOT VINAIGRETTE (SALAD DRESSING)

45 ml (3 T) red wine vinegar
1 shallot, finely chopped
sprig of parsley
30 ml (2 T) walnut or hazelnut oil
60 ml (4 T) sunflower oil
salt and freshly ground black pepper
8 croûtes (p. 108) with liver spread (p. 33) (optional)

Separate chicory leaves. Add spinach to chicory. Peel orange over plate to collect juice and remove pith. Cut out segments from membranes, remove pips and add to spinach and chicory with walnuts, grapes, parsley and chives.

Preheat the oven to 230 °C. Remove oil glands from birds (either side of tail) and season the stomach cavities with salt and pepper. Spread breast with butter, season and truss with string. Place birds on a rack and a roasting pan on the rack below. Grill for ± 15 minutes. Baste with orange juice and grill for 15 minutes, basting with pan juices or more orange juice.

Remove birds from the oven and leave to rest for 20-40 minutes in the warming drawer.

Meanwhile, prepare *vinaigrette*. Boil vinegar, shallot and parsley for 1 minute at high temperature. Add oils and remove from heat. Season and keep warm.

Remove string and cut drumsticks, thighs and breasts from birds. Remove skin and cut across into thin slices. Season lightly with salt and pepper. Toss salad with *vinaigrette* and divide among 4 plates.

Arrange meat slices on plates and place a drumstick on each *croûte*. Serve immediately.

(4 portions)

Grilled guinea fowl with demi-glace sauce and cassis

Serve with potato dumplings or sweet potato slices and red cabbage with apples and juniper berries (p. 102).

1 French improved guinea fowl (locally bred) (± 500 g per person)
salt and freshly ground black pepper
1 sprig rosemary or 5 ml (1 t) dried rosemary
25 g (5 t) softened butter
250 g barding speck strips, unsmoked
bacon or silicon paper
1 guinea fowl liver (optional)
10 ml (2 t) cognac or brandy
1 ml (¼ t) four-spice mixture (p. 14)
2 croûtes (p. 108) (optional)

SAUCE

75 ml (2 T) cassis (blackcurrant liqueur) or Van der Hum
spray of fresh herbs
350 ml (1 c + 7 T) demi-glace sauce (p. 98)
30 g cold butter, diced (optional)

Preheat the oven to 190 °C. Season bird's stomach cavity with salt, pepper and rosemary. Spread butter on skin and season with salt and pepper. Tie barding speck strips over the breast (reserve off-cuts for the liver).

Grill for 40 minutes per 500 g on an oven rack. Remove speck during last 15 minutes of cooking time to allow bird to brown. Leave in warming drawer for 20 minutes.

Preheat the oven to 160 °C. Place liver in a *cocotte* (small bowl for baking individual dishes) lined with speck. Season with salt, pepper, cognac and four-spice mixture.

Cover and bake for 20 minutes. Leave to cool slightly.

Meanwhile, prepare sauce. Reduce cassis by one-third, with herbs, uncovered. Add *demi-glace* sauce and boil rapidly for 2 minutes.

Remove herbs, taste and season, if necessary. Gradually beat in diced butter, away from heat.

Carve breast and thighs into thin slices. Mash liver with a fork, spread on *croûtes* and arrange meat slices on top. Spoon a little sauce onto the plate and place drumsticks alongside. Serve remaining sauce in a gravy boat.

(2 portions)

Pheasant breast with dried figs and sauerkraut rolls

Use drumsticks for venison pots (p. 46). Serve with sweet potato purée with apples (p. 103).

ROLLS

250 g (2 c) cake flour

2 eggs

10 ml (2 t) olive or sunflower oil

salt and freshly ground black pepper

250 g sauerkraut, well drained

4 improved pheasant breasts (\pm 180 g each), with upper wing retained salt and freshly ground black pepper 125 g dried figs, macerated in 125 ml ($\frac{1}{2}$ c) port

15 ml (1 T) sunflower oil

30 g (2 T) butter

15 ml (1 T) lard or butter

25 ml (5 t) venison stock (p. 28) or chicken stock, or water

2 shallots, finely chopped

20 g (4 t) butter

45 ml (3 T) whole-grain mustard

125 ml ($\frac{1}{2}$ c) mixed chopped fresh herbs, such as parsley, chives, thyme and marjoram, or 60 ml (4 T) dried herbs

125 ml ($\frac{1}{2}$ c) fresh breadcrumbs (p. 108)

45 g (3 T) butter, to dot meat

250 ml (1 c) demi-glace sauce (p. 98)

Combine flour, eggs, oil, salt and pepper to form a smooth dough. Leave to rest in the refrigerator for 30 minutes–1 hour. Roll dough out thinly and cut into 60 mm wide strips. Cover with a thin layer of sauerkraut and roll up. Chill in the refrigerator.

Preheat the oven to 200 °C. Cut breast meat (with skin) off breast bone, and meat from upper wing. Scrape off remaining meat and membranes from exposed bone until bones are clean. Season breast with salt and pepper and sauté (skin side first) in oil and butter in a casserole dish until golden brown. Cover with crumpled greaseproof paper and the lid and bake for 6 minutes. Remove breast and keep warm in the warming drawer.

Reduce oven temperature to 180 °C. Sauté rolls in lard in a shallow casserole dish. Add stock and bake for 15 minutes. Fry shallots in butter and spoon over rolls. Keep warm.

Spread breast skin with mustard. Drain figs and chop finely. Reserve port.

Scatter figs over mustard, followed by herbs and crumbs. Dot with butter and grill under preheated oven grill.

Pour fat from the casserole dish, then combine *demi-glace* sauce and port in the same dish. Reduce by one-third, uncovered. Taste and season, if necessary. Strain sauce.

Spoon *demi-glace* sauce onto 4 serving plates, place a pheasant breast on each plate and arrange sauerkraut rolls topped with pan sauce alongside.

(4 portions)

Hint

Instead of dough, use commercial phyllo pastry for sauerkraut rolls. Use 2 layers at a time and follow manufacturer's instructions.

Bush pigeons with port and cabbage bundles

Serve with sautéed apple slices. Cabbage bundles can also be served as an accompaniment to other venison.

2 young bush pigeons

2,5 ml ($\frac{1}{2}$ t) four-spice mixture (p. 14)

salt and freshly ground black pepper

60 g (4 T) butter

100 ml (7 T) port

250 ml (1 c) venison stock (p. 28) or chicken stock

rind of $\frac{1}{2}$ lemon, cut into one long, thin strip

25 ml (5 t) lemon juice

BUNDLES

2 rashers bacon, finely chopped

1 shallot, finely chopped

10 g (2 t) butter

100 g cabbage, blanched and finely chopped

salt and freshly ground black pepper

4 large cabbage leaves, blanched arrowroot or cornflour (optional)

20 g (4 t) cold butter, diced

4 heart-shaped *croûtes* (p. 108) (optional)

Preheat the oven to 230 °C. Season birds with four-spice mixture, salt and pepper and brown all over in a casserole dish. Cover and bake for 8 minutes. Leave to rest in the warming drawer for 20 minutes.

Pour off fat, add port to pan and stir to loosen brown particles. Bring to the boil and add stock, rind and juice. Boil sauce

for 2 minutes, strain into a small saucepan and cover.

To prepare cabbage bundles, sauté bacon and shallot in butter. Add cabbage and stir for a few minutes at a moderate temperature. Season with salt and pepper. Spoon piles of stuffing onto 4 leaves and wrap into firm bundles. Steam on rack above water until heated through.

Bring sauce to the boil, season with salt and pepper and thicken with arrowroot or cornflour. Remove from heat. Gradually beat in diced butter. Do not reheat.

Cut birds in half, remove breast and breast bone (to make eating easier) and serve with sauce and cabbage bundles. Garnish with *croûtes*.

(2-4 portions)

Hint

Substitute 4 quails for bush pigeons.

Grilled pheasant with hazelnut stuffing and port sauce

Serve with potato dumplings (p. 102) or potatoes with cream (p. 101).

1 young pheasant

STUFFING

250 g butter

5 slices bread, crusts removed, diced

1 large onion, peeled and chopped

2 celery stalks, chopped

125 ml ($\frac{1}{2}$ cup) toasted hazelnuts, finely ground

5 ml (1 t) snipped fresh sage or 1 ml ($\frac{1}{4}$ t) dried sage

salt and freshly ground black pepper

SAUCE

rind of $\frac{1}{2}$ orange, removed with a vegetable peeler and shredded

rind of $\frac{1}{2}$ lemon, removed with a vegetable peeler and shredded

1 orange, peeled and cut into segments

375 ml (1 $\frac{1}{2}$ c) venison stock (p. 28) or chicken stock

30 ml (2 T) marula, redcurrant or other fruit jelly

250 ml (1 c) port

7,5 ml (1 $\frac{1}{2}$ t) arrowroot or cornflour (p. 108)

Melt half the butter in a frying pan and,

as soon as it stops foaming, sauté bread until crisp and brown. Transfer to a dish, using a slotted spoon.

Add 15 ml (1 T) butter to the pan and sauté onion and celery until translucent. Add to bread. Add nuts, sage, salt and pepper and mix.

Preheat the oven to 200 °C. Season the bird's stomach cavity with salt and pepper and fill with stuffing. Truss with a crissing needle and string. Spread with 30 ml (4 T) butter, and season with salt and pepper. Place bird on its side on an oven rack, with a roasting pan on the rack below. Grill for 10 minutes. Turn on other side and brush with 30 ml (2 T)

butter. Grill for 10 minutes, turn pheasant on its breast and baste with fat in pan. Grill for 10 minutes until golden brown, basting occasionally. Test whether done by inserting a skewer into the thigh – the juices must be clear.

Meanwhile, blanch rind for 1 minute, drain and rinse under cold water.

Place cooked bird on a plate and leave to rest for 20-30 minutes in a warming drawer. Pour the excess fat from the pan, add half the stock to pan and deglaze. Add jelly and port and reduce sauce by one-third. Add orange. Mix arrowroot with remaining stock and stir into sauce. Simmer until sauce thickens,

if necessary. Spoon sauce into a gravy boat and keep warm.

Remove string and place bird in a heated dish. Garnish with citrus peel.

(2-4 portions)

Hint

Toast nuts in a preheated oven at 180 °C for 15-20 minutes. Shake pan occasionally and wrap in a dish cloth to sweat. Rub off the brown skins and finely grind nuts as soon as they have cooled off. Toasted nuts are very tasty.





Sauces and flavoured butters

Sauces complement any dish and are particularly important with venison and game birds, since such meat is inclined to be dry. The saying goes: A great sauce-maker is born, he cannot be made. Without good sauces, good cookery hasn't a chance.

Prepare and freeze a good stock, which can be the basis for most sauces, and you are ready to serve a superb sauce at a moment's notice. Stock cubes undoubtedly have a place in everyday cooking because of their convenience and availability. By all means use stock cubes for

cooking in the bush. For cooking at home, however, the little extra effort required to make your own stock will be richly rewarded: you will have a translucent and tasty sauce with a velvety texture, which will greatly contribute to the success of any dish.

It is best to reduce light and delicate sauces to obtain the right consistency, rather than to use cake flour or cornflour and other thickening agents. Small quantities of thickening agents are sometimes necessary, however, because they are more economical.

Tomato sauce

Serve with fried minced venison and liver.

500 g firm red tomatoes, skinned and chopped, or 410 g (1 can) tomatoes, snipped in juice with scissors
15 g (1 T) butter
5 ml (1 t) sugar
salt and freshly ground black pepper

Spices and seasonings used for sauces – top, clockwise: shallots, lemon juice, wine vinegar, olive oil, cream, chilli and mirepoix (p. 109) in wooden spoon. Pewter spoon with mustard powder on plate; clockwise on plate: grated lemon rind, cardamom seeds, dried oregano, bayleaves, cayenne pepper, cloves, strip of orange peel, coarsely ground black peppercorns, cinnamon sticks and mustard seeds beneath spoon

cayenne pepper
spray of fresh herbs (p. 109)
5 ml (1 t) lemon juice
75 ml (5 T) crème fraîche or thick cream
15 ml (1 T) snipped fresh basil or chopped parsley (optional)

Combine tomatoes in a saucepan with butter, sugar, salt, pepper, cayenne pepper and spray of herbs. Bring to the boil, reduce temperature and simmer, uncovered, for 20 minutes. Add juice, crème fraîche and herbs. Remove spray of herbs. (4 portions)

Hint

Plunge tomatoes into boiling water for 10 seconds, drain and cover with cold water. Pull skin off with a small knife.

Demi-glace sauce

Demi-glace sauce is delicious with any grilled or roasted venison or game birds. It is better to prepare it in advance.

1 l (4 c) venison stock (p. 28)
15 ml (1 T) potato flour (p. 109), arrowroot or cornflour (p. 108)
45 ml (3 T) wine or water
30 ml (2 T) sherry, fruit liqueur or madeira for additional flavour (optional)
salt and freshly ground black pepper
20 g (4 t) cold butter, diced (optional)

Bring stock to the boil. Slake potato flour in wine or water and add to stock. Stir until the mixture begins to boil. Reduce temperature and simmer until reduced by half.

Bring to simmering point and flavour with sherry. Taste and season, if possible. Gradually beat in diced butter (butter gives a sauce a shiny, velvety appearance and contributes to the nutty flavour). Do not reheat sauce, because the butter may separate and form a greasy layer on top. Place greaseproof paper directly on the sauce to prevent a skin's forming on the surface.
(6 portions)

Hint

Use canned beef or chicken consommé or a mixture of the two (obtainable at supermarkets and delicatessens) instead of venison stock as a base for *demi-glace* sauce and variations.

Variations

- *Gooseberry and green peppercorn sauce*: Add 60 ml (4 T) fresh gooseberries poached for 2 minutes in sugar syrup, or drained canned gooseberries and 15 ml (1 T) drained green peppercorns to 500 ml (2 c) *demi-glace* sauce.
- *Pepper sauce*: Combine 5 chopped shallots, 16 crushed black peppercorns and 150 ml (2/3 c) dry white wine in a small saucepan and reduce to 15 ml (1 T). Add 500 ml (2 c) *demi-glace* sauce, 10 ml (2 t) Worcester sauce and 10 ml (2 t) chopped parsley. Season with salt and pepper.
- *Sweet wine sauce*: Fry 2 chopped shallots in 20 ml (4 t) butter and add 500 ml (2 c) sweet wine. Season with a spray of fresh herbs (p. 109) and reduce to 30 ml (2 T). Add 500 ml

(2 c) *demi-glace* sauce and boil for 1 minute. Strain, season with salt and pepper and thicken with arrowroot (p. 108) slaked in sweet wine, if necessary. (4 portions)

Poivrade or venison sauce

Serve with any venison or game bird.

125 ml (1/2 c) strained marinade
125 ml (1/2 c) red wine vinegar
15 ml (1 T) black peppercorns, coarsely ground
1 sprig of thyme
1 bayleaf
30 ml (2 T) each very finely diced peeled onion, carrot and leek (mirepoix, p. 109)
15 g (1 T) butter
100 ml (7 T) cognac or brandy
500 ml (2 c) venison stock (p. 28)
rind of 1 orange, cut into one long, thin strip
6 juniper berries
125 ml (1/2 c) red wine
1 garlic clove, unpeeled and bruised
60 g good quality chicken liver pâté, mashed with a fork
30 ml (2 T) brandy
salt and freshly ground black pepper

Combine marinade, wine vinegar, peppercorns, thyme and bayleaf in a saucepan and reduce to one-third, uncovered. Fry onion, carrot and leek in butter until tender and pour cognac over. Flambé and add reduced marinade, stock, rind, berries, red wine and garlic. Heat and reduce to two-thirds, uncovered. Strain, add a little hot liquid to pâté and mix until smooth. Gradually add to hot liquid in saucepan and slowly bring to simmering point. Add brandy and remove from heat. Gradually beat in cold diced butter. Do not reheat sauce. Taste and season, if necessary.
(6 portions)

Variations

- *Grand Veneur sauce*: Add 50 ml (10 t) thick cream or *crème fraîche*, 15 ml (1 T) redcurrant jelly and another 15 ml (1 T) brandy. Heat through. (6 portions)
- *Robert sauce*: Sauté 1/2 chopped onion in 15 ml (1 T) butter until translucent. Add 125 ml (1/2 c) dry white wine and reduce completely. Add 250 ml (1 c)

poivrade sauce and season with 15 ml (1 T) prepared mustard and a pinch of sugar. (4 portions)

Bacon sauce

A delicious sauce to serve with liver.

250 ml (1 c) lean bacon, chopped
1 shallot, finely chopped
30 ml (2 T) wine vinegar
250 ml (1 c) thick cream or *crème fraîche* (p. 108)
5 ml (1 t) butter
20 ml (4 t) fresh parsley leaves
freshly ground black pepper
7.5 ml (1 1/2 t) prepared mustard

Sauté bacon and shallot in a frying pan until soft and translucent. Add wine vinegar and reduce completely. Add cream and simmer for 5 minutes at a low temperature. Meanwhile, fry parsley in butter for 2 minutes at a low temperature. Stir parsley into sauce. Season with pepper and stir in mustard.

Hint

For a sauce that is delicate and full of flavour, strain the sauce just before adding parsley.

Game bird sauce

Serve this sauce with pâtés and terrines.

100 ml (7 T) port
45 ml (3 T) redcurrant jelly
2.5 ml (1/2 t) ground ginger
1 ml (1/4 t) ground cinnamon
1 ml (1/4 t) freshly grated nutmeg
1 ml (1/4 t) ground cloves
2.5 ml (1/2 t) finely grated orange rind
45 ml (3 T) orange juice
15 ml (1 T) prepared mustard
5 ml (1 t) arrowroot (p. 108)
60 g (4 T) cold butter, diced

Combine port, jelly and spices in a saucepan and bring to simmering point. Simmer for 2 minutes, beating continuously to melt the jelly. Add rind, juice and mustard just before serving. Thicken with arrowroot slaked in a little water or port. Gradually add diced butter. Do not reheat sauce.
(6-8 portions)

Hint

When you have roasted, grilled or fried meat, pour off pan fat, deglaze pan with vinegar or wine and then strain into sauce described above.

Apple sauce

Delicious with any venison recipe.

1 kg *Granny Smith apples, peeled (reserve peel), cored and thickly sliced*
rind of 1 lemon, cut into one long, thin strip
juice of 1 lemon
 30 ml (2 T) *brown sugar*
 2 *cloves*
 30 g (2 T) *cold butter, diced*
 30 ml (2 T) *apple brandy (optional)*

Combine apples, peel, lemon rind and juice, sugar and cloves in a saucepan. Add \pm 45 ml (3 T) water and simmer for 35 minutes over a low temperature. Remove peel and cloves and mash apples. Taste and add more sugar, if necessary. Heat. Gradually beat in diced butter just before serving. Add apple brandy.
 (6 portions)

Hint

Substitute quinces for apples. Use a slice of ginger root instead of cloves.

Orange port sauce

Serve with venison, game birds or liver.

1 *shallot, very finely chopped*
salt and white pepper, to taste
 30 ml (2 T) *white wine vinegar*

250 ml (1 c) *fresh orange juice, strained*
 250 ml (1 c) *port*
 45 ml (3 T) *thick cream or crème fraîche*
 (p. 108)
 60 g (4 T) *cold butter, diced*

Place shallot, salt, pepper, wine vinegar, orange juice and port in a small saucepan and reduce, uncovered, to \pm 15 ml (1 T). Add cream and reduce a little more. Beat in cold diced butter alternately at moderate heat and away from the heat, until mixture is velvety and smooth. (Do not overheat, as butter will become oily.) Taste and season, if necessary. Do not reheat. Serve immediately and keep warm for a few minutes in *bain-marie* of lukewarm water, or for longer in a thermos flask.
 (6 portions)

French salad dressing

Surely one of the most popular salad dressings.

15 ml (1 T) *wine vinegar*
 60-90 ml (4-6 T) *sunflower or olive oil*
 2,5 ml ($\frac{1}{2}$ t) *prepared mustard or mustard powder*
 2,5 ml ($\frac{1}{2}$ t) *salt or to taste*
freshly ground black pepper to taste
 1 *garlic clove, crushed with salt (optional)*

Place ingredients, in the same sequence as above, in a small bottle with a screw top and shake well. Shake again just before serving and pour over salad. Toss lightly to coat salad ingredients with a thin layer of salad dressing.

Variations

The variations are named according to additions to the basic recipe, e.g. chopped fresh herbs, crumbled blue cheese and cream, chopped chives or chopped rinsed capers.

Flavoured butter

125 g ($\frac{1}{2}$ c) *butter*
seasoning

Cream butter with wooden spoon in mixing bowl. Add seasoning and shape into a sausage or roll up in aluminium foil. Chill until firm.

Variations

- *Maître d'hôtel butter*: Add 15 ml (1 T) each chopped parsley and lemon juice, salt and freshly ground black pepper to basic recipe and combine well.
- *Garlic butter*: Add 1 garlic clove, crushed with salt, to *maître d'hôtel* butter. Garlic butter is also obtainable at a well-known chain store.
- *Shallot or spring onion butter*: Add 1 chopped shallot or 3 chopped spring onions, 5 ml (1 t) lemon juice, salt and freshly ground black pepper to basic recipe and mix well.





Side dishes

Side dishes or accompaniments contribute to the overall impression, the combination of flavours and consequently the enjoyment of a meal. They stimulate the taste buds by reinforcing the flavour of the meat, or by providing contrast in texture, colour and flavour.

The side dishes given here would be equally good served at home or in the bush. Limit side dishes to two kinds, and concentrate rather on complementing venison or game birds with a delicious sauce and a menu where all the components blend with each other.

Since potatoes and starch dishes are certainly the most important group of accompaniments to venison or game birds, I've included a large variety of them. Although reasonably neutral in taste, these dishes emphasise the flavour of venison.

Also serve crisp, young vegetables and other greens. Fruit purées, dried-fruit dishes, spiced fruit and fresh fruit are always acceptable with venison and game bird dishes. The tantalising taste of dried fruit provides a strong, refreshing contrast to that of the meat.

Potatoes and other vegetables

Potatoes with cream

The alpha and omega of potato dishes, suitable for any roast venison or game bird dish.

400 g potatoes, peeled and cut into 3 mm thick slices
1 garlic clove, peeled and finely chopped

From left, clockwise: *stuffed pumpkin* (p. 50), *red cabbage with apples and juniper berries* (p. 102), *chick peas with tomato and onion sauce* (p. 103), *bacon with dried fruit* (p. 106), *polenta with mushroom sauce* (p. 107)

200 ml (¾ c) milk
salt and freshly ground black pepper
1 ml (¼ t) freshly grated nutmeg
cayenne pepper
100 ml (7 T) cream
15 g (1 T) butter

Combine potatoes with garlic in a large saucepan. Pour over enough milk to just cover. Season with salt, pepper, nutmeg and cayenne pepper. Heat at a moderate temperature for 3-4 minutes, or until milk has thickened slightly. Add half the cream and remove from heat. Taste and season, if necessary.

Preheat the oven to 160 °C. Grease an ovenproof dish and arrange potatoes in layers (not thicker than 20 mm). Season, if necessary, and pour over cooking liquid and remaining cream. Dot with butter and bake for ± 1¼ hours.

(4 portions)

Potato croquettes

A splendid choice when you want to impress!

500 g potatoes, peeled, cooked and mashed
salt and freshly ground black pepper
2 egg yolks
125 ml (½ c) cake flour
2 eggs beaten with pinch of salt
200 ml (¾ c) fine, dry breadcrumbs
 (p. 108)
oil for deep-frying

Season potatoes with salt and pepper and beat in egg yolks. Shape like a sausage and cut into 30 mm lengths. Trim and dust lightly with flour. Shake off excess, dip into beaten egg yolk and cover with breadcrumbs. Refrigerate to firm.

Test the temperature of the oil by dropping a cube of bread into it. If the oil immediately starts bubbling around the bread and it browns within 60 seconds, it is ready. Fry croquettes in batches and drain on paper towels. Sprinkle with salt to keep crisp.
 (8 portions)

Variations

- Place small cubes of Feta cheese in the croquettes.
- Shape croquettes like pears and add a piece of spaghetti to resemble the stem.

Potato dumplings

An excellent choice with game birds.

± 3 (250 g) large, cooked potatoes, peeled and mashed
7,5 ml (1½ t) cake flour
½ beaten egg
salt and freshly ground black pepper
1 ml (¼ t) freshly grated nutmeg
30 ml (2 T) fresh blueberries, or drained canned berries, or fresh mulberries, strawberries or raspberries
5 ml (1 t) finely grated orange rind
sprigs of fresh herbs for garnish

In a mixing bowl, combine potatoes with flour and egg and beat until smooth. Season with salt, pepper and nutmeg and roll into balls the size of walnuts. Combine berries and rind. Press hollows

in potato balls and fill with berries. Seal with potato.

Poach in simmering salted water until dumplings float on top. Wait 10 seconds and spoon dumplings onto individual plates with a slotted spoon. Garnish with herbs.

(4 portions)

Red cabbage with apples and juniper berries

A winner with roast venison.

2 onions, peeled and chopped
15 ml (1 T) sunflower oil
30 g (2 T) butter
1 red cabbage (± 1 kg), cored and chopped
1 large garlic clove, peeled and crushed with salt
3 Granny Smith apples, peeled, cored and sliced
30 ml (2 T) brown sugar
5 juniper berries, finely crushed
spray of fresh herbs (p. 109)
1 whole onion, peeled and studded with 2 cloves
30 ml (2 T) port or red wine
30 ml (2 T) red wine vinegar
30 ml (2 T) redcurrant berries, quince or marula jelly
salt and freshly ground black pepper

Sauté onions in oil and butter until translucent. Add red cabbage, cover and sweat for 5 minutes. Stir. Add garlic and sweat for 5 minutes.

Preheat the oven to 160 °C. Stack layers of red cabbage and onions alternately with apples in a greased ovenproof dish. Season each layer with sugar and berries.

Push herbs underneath, with onion and cloves, and pour over port, vinegar and jelly (mashed with a fork). Cover and bake for ± 2 hours. Stir occasionally, replenishing liquid with a little boiling water, if necessary. Remove herbs, season and serve.

(10 portions)

Sweet potato chips

A favourite with grilled venison, this is delicious with red cabbage as a side dish.

500 g young sweet potatoes of equal shape and size, peeled and cut into thick fingers, ± 50 mm x 20 mm
oil for deep-frying

Place sweet potatoes in a saucepan with salted water and bring to the boil. Reduce temperature and simmer for 1½ minutes. Drain and set aside.

Just before serving, heat oil to almost smoking hot and pat sweet potatoes dry with paper towels. Test temperature of oil with a piece of sweet potato. The oil should immediately begin to bubble around it. Fry sweet potatoes in batches and drain on paper towels. Serve immediately.

(4 portions)

Variation

Melt 60 ml (4 T) smooth apricot jam and add a little boiling water and lemon juice. Rub through a fine sieve. Reduce and pour apricot glaze over the cooked sweet potatoes.

Baked young beetroot

Beetroot is one of the most surprising side dishes to serve with venison! Baby beetroot can be used for more formal menus, but make sure you choose beetroot of equal size.

1 kg baby beetroot, leaves cut ± 50 mm above root and root scrubbed
250 ml (1 c) sour cream
1 garlic clove, crushed with salt
salt and freshly ground black pepper
cayenne pepper
15 ml (1 T) snipped chives or chopped fresh parsley

Preheat the oven to 160 °C. Place beetroot, without liquid, in a heavy-based casserole or potjie. Cover and bake for ± 2 hours. (Alternatively, cook in a potjie, with a few coals on the lid, at a low temperature.)

Beat sour cream and add remaining ingredients. Peel beetroot and serve warm with sour cream.

(4-6 portions)

Variations

- *Beetroot salad:* Serve cold beetroot with sesame seed and garlic mayonnaise (p. 48).
- *Tangy beetroot salad:* Dice cooked

beetroot and season with salt, pepper, mixed spice and chopped parsley. Moisten with French salad dressing or mayonnaise. Scatter capers, rinsed and patted dry (optional) or coarsely chopped walnuts over.

salt and freshly ground black pepper
 100 g stoned prunes, coarsely snipped
 (use kitchen scissors)
 2 egg yolks
 250 ml (1 c) thick cream or crème fraîche (p. 108)
 1 ml (1/4 t) freshly ground nutmeg

Sauté turnips in butter. Season with salt, pepper and nutmeg. Remove turnips and set aside. Brown prunes in the same pan. Add to turnips with a slotted spoon.

Preheat the oven to 230 °C. Grease a medium casserole dish with butter. Add turnips and prunes and press down with a fork. Bake for 6 minutes.

Beat egg yolks and combine with cream. Season with salt, pepper and nutmeg. Pour custard over turnips and prunes and bake until golden brown (keep an eye on it!). Serve immediately.
 (4-6 portions)

Tangy sauerkraut

One of the tastiest of side dishes to serve with venison and game birds – it can even be served as a main meal.

840 g (2 cans) sauerkraut, drained
 60 g (4 T) butter
 4 pork belly or bacon rashers, cut into lardons
 1 onion, peeled and chopped
 5 juniper berries, bruised
 1 bayleaf
 2 garlic cloves, unpeeled and bruised
 10 ml (2 t) toasted caraway seed
 5 ml (1 t) salt
 10 black peppercorns, finely ground
 12 ml (1 d) sugar
 1 large potato, peeled and coarsely grated
 6 frankfurters or 12 cocktail sausages (optional)
 60 ml (1/4 c) thick cream, sour cream or yoghurt

Drain sauerkraut in a colander and rinse under cold water. Melt butter in a casserole dish. Add pork belly or bacon and fry until golden brown. Sauté onion in pan fat until translucent. Add sauerkraut and stir until covered with a layer of fat. Pour enough water over to just cover. Add berries, bayleaf, garlic, caraway seed, salt, pepper and sugar. Heat and put the lid on. Reduce temperature and simmer for 2 hours in a preheated oven at 160 °C, or on top of stove.

Heat frankfurters through in boiling water, or grill cocktail sausages. Drain, cut frankfurters across (keep cocktail sausages whole) and keep warm.

Stir potato into cooked sauerkraut. Heat for 10 minutes at a low temperature and stir occasionally with a fork to keep separate and prevent burning. Add cream and spoon into a heated serving dish. Arrange sausage on top.
 (8-10 portions)

Variation

Omit the frankfurters or cocktail sausages if the dish is to be served with a filling meat dish.

Legumes

Chick peas with tomato and onion sauce

Scrumptious with roast and minced venison dishes.

125 g dried chick peas, soaked overnight or for 12 hours
 1 garlic clove, unpeeled, bruised
 spray of fresh herbs (p. 109)
 salt
 1 small onion, peeled and chopped
 30 ml (2 T) olive oil
 1 large red tomato, seeded and chopped
 pinch of sugar
 salt and freshly ground black pepper
 20 ml (4 t) chopped fresh parsley

Drain peas, add garlic and herbs and cover with water. Simmer for ± 1 hour or until soft. Add 1 ml (1/2 t) salt during last 30 minutes of cooking time. Drain in colander.

Sauté onion until translucent in oil in a frying pan. Add tomato, sugar, salt and pepper. Cover and simmer for 15 minutes or until onion is soft. Stir in peas and warm through. Leave for 10 minutes to allow flavours to blend. Remove herbs and garlic and add parsley. Serve hot or at room temperature.
 (4 portions)

Hint

Drained canned chick peas may also be used.

Sweet potato purée with apples

Delicious with roast venison.

1 large Granny Smith apple, peeled, cored and sliced
 15 g (1 T) butter
 1 ml (1/4 t) paprika
 juice of 1 orange
 juice of 1 lemon
 250 ml (1 c) sugar
 500 ml (2 c) boiling water
 1 stick cinnamon
 1.5 kg sweet potatoes, scrubbed and peeled
 90 ml (6 T) thick cream or crème fraîche (p. 108)
 salt and freshly ground black pepper
 1 ml (1/4 t) ground cinnamon

Sauté apple slices in butter for ± 4 minutes, or until golden brown. Season with paprika and place in a mixing bowl.

Pour orange and lemon juice in a saucepan, with sugar, and slowly dissolve sugar, stirring continuously. Boil for ± 12 minutes or until sugar caramelises. Add boiling water, cinnamon stick and sweet potatoes (protect hands with oven gloves, as it spatters). Simmer for ± 35 minutes or until sweet potatoes are soft, stirring occasionally. Remove cinnamon stick and purée sweet potatoes with juice and apples. Spoon into a saucepan. Beat in cream and season with salt and pepper. Spoon or pipe (with a piping bag and a decorative nozzle) into a heated serving dish and dust with cinnamon. Serve hot.

(6-8 portions)

Gratinée of turnips with prunes

A delicious dish with roast venison or game birds.

12 young turnips, peeled and cut into very thin strips (julienne)
 100 g (7 T) butter

Maître d'hôtel lentils

A dish with just enough texture and flavour to serve with any venison or game.

250 ml (1 c) green lentils
± 750 ml (3 c) water or stock
spray of fresh herbs (p. 109)
salt and freshly ground black pepper
30-60 g (2-4 T) butter, diced
30 ml (2 T) shallots, chopped
45 ml (3 T) fresh parsley, chopped

Combine lentils, water and herbs (no salt!) in a medium saucepan. Gradually bring to the boil and skim off the scum. Tilt lid and simmer for 40-45 minutes, or until lentils are soft. Add pinch of salt during last 15 minutes of cooking time. Replenish liquid, if necessary. Drain lentils just before serving and turn out into a frying pan to reduce as much liquid as possible. Season with salt, pepper, diced butter and shallots. Remove herbs. Just heat through and stir in parsley. Transfer to a serving dish and serve hot.

(6 portions)

Hint

Stir in crisply fried *lardons* just before serving.

Variation

Lentil purée: Purée maître d'hôtel lentils in a food processor or liquidiser. Heat until warmed through and beat in a few spoonfuls of cream with diced butter. Taste and serve.

Salads

Lentil salad

An excellent salad to dress up a simple venison or game bird dish!

500 ml (2 c) green lentils (obtainable in the health food sections of supermarkets)
60 ml (4 T) olive oil
60 ml (4 T) natural yoghurt
salt and freshly ground black pepper
1 orange, peeled and segments cut out
1 large garlic clove, peeled and crushed with salt
45 ml (3 T) lemon juice
30 ml (2 T) wine vinegar
1 bunch spring onions, chopped
125 ml (½ c) currants, soaked overnight and drained
1 carrot, peeled and diced
1 small sweet pepper, seeded and finely chopped
30 ml (2 T) chopped fresh parsley
30 ml (2 T) snipped fresh mint
30 ml (2 T) snipped chives

Rinse lentils in a sieve under cold running water. Add 1,5 (6 c) boiling water to saucepan. Simmer lentils for ± 30 minutes until almost soft. Drain and rinse under cold water. Shake well to remove water and turn out into mixing bowl. Add remaining ingredients, except sweet pepper and herbs.

Marinate in refrigerator for 3 hours. Add sweet pepper and herbs 1 hour before serving. Serve at room temperature. (6 portions)

Hint

Serve lentil salad with hard-boiled eggs or smoked sausages for a light lunch.

Orange salad with onions and olives

1 head of lettuce, dried and crisped in an airtight container in the refrigerator (optional)
4 oranges, peeled, sliced and seeded
1 onion, peeled and finely chopped
15 black olives
30 ml (2 T) olive or sunflower oil
salt

cayenne pepper or freshly ground black pepper

Line a serving dish or individual plates with lettuce leaves. Arrange orange segments on top and scatter onion over. Garnish with olives and drizzle oil over. Season with salt and cayenne pepper. (4 portions)

Cucumber and sweet pepper salad

A delicious salad to serve with curried venison or grilled venison chops.

1 small English cucumber
salt
sugar
1 small green sweet pepper, seeded and cut into thin strips
1 small onion, peeled and finely chopped
15 ml (1 T) lemon juice
250 ml (1 c) natural yoghurt
15 ml (1 T) olive and sunflower oil
salt and freshly ground black pepper
1 garlic clove, crushed with salt (optional)
10 ml (2 t) fresh mint, snipped, or 5 ml (1 t) dried mint

Peel cucumber, cut in half and scoop out seeds with a teaspoon. Cut into thin, diagonal slices and sprinkle with a little salt and sugar. Place in a colander or sieve and drain for 30 minutes.

Season sweet pepper and onion with salt and lemon juice. Add cucumber. Combine yoghurt, oil, salt, pepper, garlic and mint.

Pour dressing over salad ingredients before serving and toss well. Transfer to a shallow dish and serve.

(4 portions)

Tangy sauerkraut (p. 103) served with plain grilled pheasant (see p. 94 for method), spicy herb sausage (p. 24) and frankfurters



Fruit side dishes

Marula jelly

Use marulas that are just beginning to discolour and have fallen off the tree.

2 kg marulas
sugar heated in oven

Halve marulas and press out pips into a mixing bowl. Squeeze peels hard over mixing bowl to extract juice. Cover pips and juice with water and turn out into a saucepan (not aluminium). Boil for 15 minutes. Strain through a nylon sieve lined with damp muslin.

Use 250 ml (1 c) heated sugar to 250 ml (1 c) stock. Heat at a low temperature and stir until sugar has melted. Increase temperature and boil for ± 20 minutes, or until jelly sets. Test by spooning onto the back of an ice cube tray and pushing with your finger. If it wrinkles and a drop adheres to your finger, it is ready. Spoon hot into sterilised jars with screw tops and seal.

Hint

In the Bushveld the kernels of marula pips (they look like almonds) are served as a delicacy.

Bacon rolls

Garnish venison with these tasty titbits.

1/2 slice white bread, crusts removed, crumbled
30 ml (2 T) cream
5 ml (1 t) grated onion
2 ml (1/2 t) fresh oregano or 1 ml (1/4 t) mixed dried herbs
3 stoned prunes, macerated overnight in dry wine and finely chopped
250 g minced pork
1 egg yolk
salt and freshly ground black pepper
rindless bacon rashers

Soak bread in cream and add onions, herbs, prunes and wine. Add meat, egg yolk and salt and pepper. Mix thoroughly. Stretch bacon rashers by drawing back of knife over the length. Put spoonfuls on bacon rashers, roll up and secure. Grill under a preheated oven grill until crisp and brown.

Prunes in red wine and Van der Hum

Serve hot or cold with roast venison.

1 kg large, stoned prunes
200 ml (3/4 c) fresh tea
750 ml (1 bottle) full-bodied red wine
500 ml (2 c) sugar
rind of 1 lemon and 1 orange, cut into long, thin strips
juice of 1 lemon and 1 orange
1 cinnamon stick
15 black peppercorns, tied in a muslin cloth
125 ml (1/2 c) Van der Hum
50 ml (10 t) brandy

Prepare 2 days in advance. Soak prunes for 1 hour in tea. Bring wine to the boil and flambé. As soon as flames die down, add sugar, rind and juice, cinnamon stick, peppercorns, prunes and tea. Boil for 5 minutes, remove from heat and cool. Add Van der Hum and brandy. Macerate prunes in syrup for 2 days in the refrigerator. Turn occasionally. Drain prunes and serve hot or cold.

Hints

- Boil sauce until thick and syrupy and serve with vanilla ice cream as a dessert.
- Soak stoned prunes in tea and drain. Combine good quality pork or veal liver pâté (obtainable at supermarkets) with a little cream, black pepper and sage. Beat until smooth and use to stuff prunes. Garnish with fresh sage leaves or parsley.

Spicy kumquats

500 g kumquats, seeded
5 ml (1 t) salt
500 ml (2 c) sugar
30 ml (2 T) honey
250 ml (1 c) wine vinegar
12 cardamom seeds
10 black peppercorns, coarsely ground
1 ml (1/4 t) ground allspice
2,5 ml (1/2 t) ground cinnamon
12 whole cloves

Place kumquats and salt in saucepan. Pour sufficient water over to just cover. Bring to the boil and simmer for ± 10-15

minutes or until kumquats are soft. Drain and transfer to a mixing bowl. Combine remaining ingredients in a saucepan and bring to the boil. Simmer for 10 minutes and cool. Strain into a clean saucepan and add kumquats. Stir occasionally, and simmer for 15 minutes.

Spoon kumquats into sterilised jars with screw tops and cool. Seal. Allow to mature for at least 1 month before use.

Bacon with dried fruit

Serve this dish with roast venison.

150 g dried pears
150 g dried apple rings
75 ml (5 T) sugar
30 ml (2 T) water
75 ml (5 T) or more dry wine or boiling water
300 g unsmoked rindless bacon, thickly sliced
1 cinnamon stick
250 ml (1 c) venison stock (p. 28), chicken or brown stock
750 g (± 5) potatoes, peeled and quartered
salt and freshly ground black pepper

Soak fruit in water overnight or for 12 hours. Drain thoroughly.

In a small saucepan, melt sugar in water at a low temperature. Stir until sugar has dissolved, occasionally rinsing sides of saucepan with a brush dipped in water to dissolve sugar crystals. Stop stirring and increase temperature. Boil rapidly, uncovered, until syrup has caramelised and turns amber. Protecting your hand with an oven glove, add heated wine to dissolve caramel. Remove from heat, add fruit and stir to cover with caramel layer. Arrange bacon slices in casserole and spoon over fruit with caramel. If caramel adheres, add more wine or stock and heat. Add to ingredients in casserole together with cinnamon stick and remaining stock. Cover and simmer for 35-45 minutes or until fruit is almost soft. Add potatoes and simmer until soft but firm. Replenish the liquid with stock or wine, if necessary. Taste and season with salt and pepper and serve in a heated serving dish.

(6 portions)

Hint

Substitute pork sausages for unsmoked bacon. Prick sausages and blanch by plunging into cold water and bringing to the boil. Rinse under cold water and remove skins. Slice thickly and follow method described in recipe.

Variation

Mixed dried fruit, peaches or apple rings can be soaked in water or macerated in sweet wine and then stewed with a cinnamon stick and a strip of lemon rind. If using water, add \pm 60 ml (4 T) sugar or to taste. Serve as a side dish with stewed, grilled or roasted venison and game birds.

Grain and starch dishes

Polenta with mushroom sauce

Scrumptious snacks with breakfast, as a starter and with grilled or roasted venison and game birds!

250 g coarse polenta, prepared according to basic recipe (p. 47)
salt
1,2 ℓ ($4\frac{3}{4}$ c) water
500 g brown mushrooms, coarsely chopped
30 ml (2 T) olive or sunflower oil
30 g (2 T) butter
2 garlic cloves, peeled and chopped
2 small red chillies, seeded and chopped
1 red tomato, skinned, seeded and chopped
60 ml (4 T) red wine
15 ml (1 T) chopped fresh parsley or 7,5 ml ($1\frac{1}{2}$ t) dried parsley
salt and freshly ground black pepper
60 ml (4 T) olive or sunflower oil

Rinse a swiss roll pan with cold water, turn warm, cooked polenta into it and smooth the top. Cover with greaseproof paper and place in a cool place to set. Press out 75 mm rounds with a biscuit

cutter or cut into 75 mm squares.

Sauté mushrooms in oil and butter in a frying pan for 3 minutes at a high temperature. Reduce temperature and add garlic and chilli. Add tomato, wine and parsley and simmer until slightly thickened.

Meanwhile, fry a few polenta rounds at a time in the remaining oil at a high temperature, to form a translucent crust on both sides.

Taste and season the sauce with salt and pepper, if necessary. Arrange polenta rounds in a heated serving dish and spoon sauce over. Serve 2 hot rounds per person.

(6 portions)

Couscous with sultanas and chick peas

Couscous is a semolina product (made from hard wheat) and originated in North Africa. It has a grainy texture, absorbs sauce easily and is particularly suitable for serving with venison stews.

700 g couscous (packed in cartons and obtainable from supermarkets)

water

100 g chick peas, soaked in water for 8 hours (optional)

1 bayleaf

salt

90 g (6 T) butter

60 ml (4 T) sultanas, soaked in 50 ml (10 t) boiling water until plump

Place couscous in a mixing bowl, cover with water and immediately strain through a sieve. Turn out into a mixing bowl, stir with fork and leave for 15 minutes.

Pour water off chick peas and place peas in a saucepan. Cover with cold water, add bayleaf and bring to the boil. Reduce temperature and simmer for \pm 1 hour or until peas are soft. Add salt during last 15 minutes of cooking time.

Rub couscous lightly through fingers and turn out in a colander lined with wet muslin. Place the colander over a saucepan (on which it fits tightly) of steaming water. Steam couscous for 30 minutes, uncovered, stirring occasionally with a fork. Add salt and diced butter. Cover and steam for 30 minutes.

Drain sultanas and add to chick peas during the last 15 minutes of cooking. Spoon into a heated serving dish.

(10-12 portions)

Hint

This dish may be steamed in a muslin cloth over a meat stew, e.g. by tying the cloth over a three-legged pot.

Maize soufflé

Serve for breakfast with venison sauce (p. 28) or mushroom sauce, or as an accompaniment to venison.

250 ml (1 c) mealie meal

5 ml (1 t) salt

500 ml (2 c) boiling water

250 ml (1 c) milk

30 ml (2 T) butter

3 eggs, separated

5 ml (1 t) baking powder

410 g (1 can) creamed sweetcorn

Grease a soufflé dish (ovenproof dish with straight sides) with butter. Dust with flour and tilt to coat sides. Turn dish upside down and tap to remove excess. (A shallow dish provides a larger, crisp crust at the sides, bottom and top than a small, deep soufflé dish. It also facilitates serving.)

Preheat the oven to 180 °C. Combine mealie meal and salt in a medium saucepan. Make a well in the centre and stir in boiling water. Beat with a wooden spoon until smooth. Heat at a moderate temperature and add milk and butter. Beat in egg yolks one at a time, beating well after each addition. Cool to room temperature. Add sweetcorn and baking powder. Beat egg whites until stiff and fold in.

Bake soufflé for 30-45 minutes or until well puffed up and golden brown. Serve immediately.

(6-8 portions)

Glossary

Arrowroot. Mix a small quantity of arrowroot, e.g. 5 ml (1 t), with 15 ml (1 T) cold water to form a thin paste and add to 250 ml (1 c) boiling liquid to thicken it. Use more arrowroot if a thicker consistency is required.

Au gratin. Cooking method whereby a dish is covered with a sauce, a layer of breadcrumbs and/or grated cheese before it is browned in a gratin dish in a hot oven or under a grill. It is served in the dish.

Bain-marie. An oblong water bath (at $\pm 65^{\circ}\text{C}$) in which dishes that fit into it are kept warm, or a roasting pan filled with very hot water (not boiling) in which custards, terrines or pâtés are cooked in the oven.

Béchamel sauce. A basic sauce made of butter, cake flour and flavoured milk. The name changes according to additions to the basic sauce.

Beurre manié. A paste made of 30 ml (2 T) butter and 22 ml ($1\frac{1}{2}$ T) cake flour, added in small quantities to thicken a hot liquid. Sauces for meat stews are usually thickened in this way.

Blanch. (1) To place meat in boiling water and cook it for 10-20 minutes to parboil or to remove impurities. Drain and rinse under cold water.

(2) To place green vegetables in boiling salted water, cover and return to the boil. Remove lid and boil only for a few minutes or seconds. Immediately drain water through a colander and rinse vegetables under cold running water.

Breadcrumbs. (1) Fresh breadcrumbs: Use 2-day-old bread, cut off crusts and grate or crumble in a food processor. Freezes well.

(2) Dry breadcrumbs: Use 2-day-old bread, remove crusts and slice bread. Dry out as for rusks and crumble in a food processor. Rub through a sieve for fine crumbs. Freezes well.

Clarified butter. Melt butter at a low temperature. Leave for 5 minutes. Skim

off scum and very slowly pour into a bowl so that the milky sediment remains. Chill in the refrigerator. Use to fry ingredients without burning too quickly. Keeps in refrigerator for unlimited time.

Cloaca. The communal threefold external opening of, among other species, birds where the urinary canal, digestive system and reproductive system branch out.

Coconut cream. The best coconut cream is prepared from fresh coconuts. Choose one with liquid (shake to determine). Use a strong meat skewer to prick 2-3 holes in the eyes of the coconut. Place over a bowl to drain and reserve coconut milk for use or freezing. Bake the drained coconut in a preheated oven at 200°C for 15 minutes. Break open the hard shell with a hammer while the coconut is hot and remove the flesh. Peel off the brown skin with a potato peeler. Cut the flesh into 25 mm squares and soak in hot water for 4 hours. Reserve the flavoured liquid and add to the milk. Squeeze as much juice as possible from the flesh and add to the rest. Purée the flesh or cut into small squares and use in curry dishes.

Desiccated coconut can be used instead, by allowing equal quantities of coconut and hot water to draw in a warm place or to simmer gently. Strain through muslin and use liquid as coconut cream.

Cornflour. Mix 15 ml (1 T) cornflour ("Maizena") at a time with 10 ml (2 t) cold water to form a runny paste and stir into ± 500 ml (2 c) boiling liquid to thicken. Reduce to the required thickness.

Crème fraîche. Often used instead of thick cream. Add 30 ml (2 T) buttermilk to 250 ml (1 c) cream in a small bottle with screw top. Shake for 30-60 seconds and leave overnight or longer (12-16 hours) at room temperature. Do not place in the refrigerator before it has thickened. Store for up to 10 days in the refrigerator.

Croûtes. Bread (without crusts) cut into slices or shapes (triangular or heart-shaped for venison) and fried in butter or oil. Use for garnish, place slices of meat on top (to collect meat juices), spread with pâté or serve with game birds.

Croûtons. Bread cut into tiny squares or shapes and fried in butter or oil. Used to garnish soup, stews and fish and as an ingredient in crisp salads.

Deglaze. After meat has been roasted or sautéed and the pan degreased (with paper towels), liquid is poured into the pan and all the flavourous coagulated cooking juices are scraped into it as it simmers.

Farce. Spicy minced meat mixture forming the main ingredient of pâtés and terrines.

Flavoured butter. Butter combined with herbs, shallots, lemon juice, peppercorns, mustard, and so forth, and chilled in the shape of a sausage. Used to sauté ingredients, flavour dishes or soups and to spread on bread (p. 99).

Flavoured milk. Milk is heated in a saucepan with a slice of onion, a few parsley stalks, a bayleaf and 5 black peppercorns to flavour it for use in soups or other dishes. Leave to draw if time allows. Strain and bring to scalding point before use.

Four-spice mixture. Called *quatre-épices* in French. A mixture of four spices (p. 14) which is often used with venison, liver and pork.

Garam masala. A mixture of spices used in curry dishes. Make your own mixture (p. 14) from ingredients obtainable at delicatessens.

Garlic crushed with salt. Peel garlic, finely chop and sprinkle with a little salt. Rub the mixture with the flat side of a knife blade until it is liquid. Baste meat cuts or chops with garlic or add to sauces, flavoured butter, and so forth.

Grill. To brown or cook dishes under a preheated grill. Meat can also be grilled over the coals or under an electric or gas grill at a moderately high temperature.

Juniper berries. Fruit of the shrub *Juniperus communis*, related to the cypress family, they lend a special flavour to venison and game birds and are indigenous to the British Isles. The name of the very well-known drink was derived from this berry and it is one of the most important ingredients in the making of gin. The berries are used for preparing pâté, venison, game birds and pork and are obtainable at up-market supermarkets and delicatessens.

Lardons. Bacon cut into \pm 100 mm thick strips. Bacon for larding is cut into strips of varying size according to the size of the larding needle and its eye and the size of the joint of meat.

Mirepoix. A mixture of finely diced vegetables and pork belly or ham used to flavour meat, sauce, fish and poultry. Sweat 300 ml (1½ c) carrots, 250 ml (1 c) onions, 125 ml (½ c) celery and 125 ml (½ c) uncooked ham or blanched pork belly in 30 g (2 T) butter in a pan, covered, until very tender.

Mushrooms. Choose mushrooms without blemishes and as clean as possible. Do not rinse mushrooms; wipe them with a damp cloth, otherwise they absorb too much water.

Panada. Paste made from cake flour and used as binding agent in fish and meat mixtures.

Pancetta. Boneless pork belly, cured with salt and spices, used especially in

Italian cooking and obtainable at most Italian butchers and delicatessens.

Pâté. Consists of a spicy minced meat mixture (*farce*) with or without fillet, liver and strips of speck, pistachio nuts, cognac, seasoning, and so forth. It is cooked in a pastry crust lined with a layer of speck or caul fat and the mixture is usually finer than for a terrine.

Potato flour. Fine flour which is prepared by slaking, for example, 10 ml (2 t) potato flour and 20 ml (4 t) cold water at a time to form a thin paste. It is then stirred into 500 ml (2 c) boiling liquid to thicken, and reduced to required thickness.

Potjie. A three-legged cast-iron pot with a handle, or a flat-based cast-iron pot used over an open fire. The flat-based pot can also be used in the oven.

Roux. A smooth mixture of butter and cake flour used as a base for many sauces.

Seasoned flour. Cake flour (250 ml), combined with 5 ml (1 t) salt and 2,5 ml (½ t) pepper. Used to coat ingredients, especially before shallow or deep frying.

Shallots. Small, oval-shaped or round shallots with brown or white skins are more easily digested than onions. Place in cold water in a saucepan and bring to the boil. Drain shallots as soon as water boils and rinse under cold running water to stop the cooking process. Then peel without tears!

Spray of fresh herbs. A bunch or spray of herbs consisting of \pm 6 parsley stalks, 1 sprig of thyme and 1 bayleaf, bound

with a long piece of string and used to flavour sauces and especially stews. Remove before serving.

Simmer. To cook food just below boiling point or to keep liquid below boiling point. The surface of the liquid should barely move, without bubbling or boiling.

Stew. To cook ingredients such as fruit or tougher cuts of meat in liquid at a low temperature. The temperature is reduced as soon as it reaches boiling point. The liquid in which the meat is cooked is reduced or thickened and served with the rest of the ingredients.

Sweat. Seasoning vegetables or ordinary vegetables are covered with greaseproof paper and a lid and fried in butter at a low temperature.

Terrine. Consists of a spicy minced meat mixture (*farce*), with or without fillet, liver, strips of speck, pistachio nuts, cognac, seasoning, and so forth. The dish in which it is cooked is also called a terrine and is usually lined with a layer of speck or caul fat. The mixture is usually more robust and coarser than pâté mixtures.

Trussing needle. A strong needle to truss poultry, game birds and meat. A long piece of string is threaded through the large eye. Obtainable at shops specialising in butcher's equipment or kitchenware.

Velouté sauce. Prepared much the same as *béchamel* sauce, but fish, chicken or meat stock is used instead of flavoured milk.

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This superb collection of recipes evokes the smell of the veld and crackling campfires under clear African skies . . . undoubtedly the ultimate South African game cookbook, with over 150 tried and tested recipes and numerous invaluable hints on the preparation and presentation of game and game birds.

The recipes range from hearty fireside dishes to creative gourmet fare. Quails in port sauce, venison boerewors, ostrich fillets with green peppercorns and gooseberries, witblits venison steaks, guinea fowl and chicken with port and sultanas, venison risotto, head of venison baked in coals, rabbit paella over the coals, grilled pheasant with hazelnut stuffing and port sauce, venison fricadels with creamed brinjals, fried venison liver with orange, oven-roasted saddle of venison with pears and marula sauce . . . exciting and unusual flavour combinations make each dish special, reflecting Rina Pont's inimitable style and flair.



Human & Rousseau

Cape Town Pretoria Johannesburg



Photo: Paul Gordon

Rina Pont is well known for her Johannesburg cookery school and as a stylish hostess. Game cookery is one of her special interests and many of the recipes were developed on her family game farm in the Bushveld. She is also author of *Outdoor Fare* and *The South African Guide to Entertaining*.



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